



APRIL 2018

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(9th Degree Black Belt)

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Steve Borda, Shichidan
Ray Kennedy, Shichidan
Ron Sheyan, Shichidan

INTRODUCTION

It is Easter Sunday as I try to put the finishing touches on this issue of FOCUS. The sun is shining in a beautiful spring-blue sky (but it is still not warm enough for me; a high of about 3°C. However, it is better than a foot of snow).

In this month's edition of FOCUS we have another karate couple featured of our Senior Dan Council members. Reading about Sensei **Kim Duggan** and **Dan Duce** brought back so many memories for me. Kim mentions karate friends visiting them over 17 years (since they moved back east) and that "conversations are as easy and comfortable as when we would see each other almost every day," [back in Toronto]. I visited Kim and Dan in May 2016 and I certainly felt that way. It had been so long since I last saw them, yet we just picked up where we left off. It just goes to prove our karate community may stretch far and wide, yet we are close.

On another happy note, we have the beginnings of a new innovation – a Summer Karate Training Camp day has been born, and we hope this will take the place of the historic Annual Training Camp!

TRAINING CAMP 2018

Once again, we are holding a training camp on **July 7, 2018** at **Sensei Borda's farm**. New this year is the ability to register on-line:

http://www.seikikai.ca/Training_Camp.html

There is also an **Early-Bird Registration**; sign up early and save money. See for more information in this edition.



Enjoy your read! > EDITOR ROBB DODS

TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM COMMUNICATIONS: TWKK@PSSNETWORK.CA
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Senior Dan Council Members Sensei Kim Duggan and Dan Duce

It sounded to me [the Editor] like the sensei of the Beaubassin TWKK Club had a sparring match in order to agree to sit down and accomplish this wonderful result of providing us with details of their karate journey.

Dan said, "We wrote the beginning parts individually, but then wrote the last part (the time after we met one another at Manulife) together."

Dan: I first started training in karate back in 1981. It was my first year at McMaster university and I discovered there was a karate club on campus. I had always wanted to train in martial arts but was raised in the country with nothing available nearby. I remember the McMaster club as being very crowded. It was very impersonal with very little 1 on 1 time with the sensei or a senior student, and I didn't last the year.

After graduating, I stayed in Hamilton, Ontario and started training in taekwondo. I was very competitive and got up to about brown belt before I finally gave it up. The style I was practicing was full contact and I grew discouraged with the number of injuries that I and other students were experiencing. I got to the point where I was walking around hurt more than I was healthy and decided enough was enough.

Kim: My first exposure to any kind of martial arts was a judo class back in high school. While I loved the class, I joined it in my graduating year and soon had to leave for university. I didn't get a chance to return to training in martial arts until my first year of law school at UNB (University of New Brunswick). A fellow student was a Shodan and had just begun running a Shotokan class in Fredericton. Given the pressures of law school, he was unable to continue the class after the first year, so training ended.

Dan: After several job changes, I eventually wound up living and working in Toronto in my early thirties. I had worked my way up through the I.T. ranks, starting out as a programmer and then moving to database and network management roles. I ended up taking a network management job at Manulife Financial where I met a couple of 'shady' characters named Robb Dods and Leaton Bernard. These two gentlemen told me about the karate club located at Manulife and I decided to give it a try. You couldn't get a more convenient location.

It was while I was at Manulife (later called the Bloor Street club) that an even bigger event occurred. I met my future wife, Kim. We both started training in the Manulife dojo together just after we met. We've been training together ever since.

Kim: After having two children while building an active law practice I found myself as AVP and Counsel at Manulife in Toronto. Enter Sensei Robb Dods... jovial, engaging and always encouraging me to come and try a Wado-Kai class at Manulife; Sensei Robb was responsible for rekindling my martial arts training. It also didn't hurt that Dan began training at almost the same time. I guess you could say that karate is at least partially responsible for 19-plus happy years of marriage.

Dan: I consider my time at Manulife as my "golden years" of karate training. I met so many really nice people who also just happened to be very skilled martial artists. As well as Sensei Dods and Bernard, Kim and I also trained with Sensei Eric Bergman and Mike McCarthy on a regular basis. Sensei Kristine Aoki and Kathy Lisle also worked at Manulife then and were part of the class. Sensei Rein Vares didn't work at Manulife, but he rounded out the group that eventually became close friends. A subset of that group, and I won't name any names, went on to form the post-karate co-ed sauna team.

Back then, we would often go to the Saturday classes at Ryerson, and there Kim and I were introduced to Sensei



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Andrew Marshall. Sensei Andrew had a different way of looking at things. His take on kata and sparring were different than a lot of other people and his unconventionality helped me develop in different ways. It was around this time that I really learned how important it is to be exposed to as many different arts, styles, techniques and people as possible, as there is something to be learned everywhere.

Kim: The dojos at Manulife, Ryerson and other clubs we attended were a new take on martial arts for me. It wasn't just training together as martial artists. It was a family. Our fellow karate-kas were always there to support each other in both good times and more challenging times.



Over the years, Sensei Manara, Dods, McCarthy, Bernard, Bergman, Lisle, Aoki, Chung, Marshall and Vares have all visited our home in Toronto and/or Nova Scotia. Even now, 18 years later and hundreds of miles apart, conversations are as easy and comfortable as when we would see each other almost every day. We've seen each other's families grow watching cute kids become independent adults and parents become grandparents.

Dan and Kim: We left Toronto in early 2000 and moved to Nova Scotia when Kim was presented with a career opportunity that she couldn't refuse. The move got us back to

living in a more rural environment and relocated us closer to Kim's family in New Brunswick.

Once we arrived in Nova Scotia we looked all around to find a dojo. We attended some classes, but in the end, we were discouraged because nothing had that family type of feel that we loved so much about training in Toronto. After discussing it for a while we thought maybe we should start our own club.

This was a little nerve-racking as we had just been promoted to Shodan the month before we moved out east. We didn't really know what was required to start a dojo and we called up Sensei Manara to see what he thought about the idea. Sensei was very supportive and encouraged us to try. We searched quite a while for a space to run the dojo but had no luck. It seemed that there were a lot of other sports and clubs already fighting for space. Good fortune came along when a new principal at the school our children, Katie and Ryan, attended offered to let us use their gym as our dojo space.

Principal Gallant was thrilled with the idea of having a family-oriented club where the parents and children trained together. The only stipulation was that we had to be able to teach the class in both French and English as the school was run by the French school board of Nova Scotia. Luckily, Kim and both of our kids are fluently bilingual. Dan, not so much. Dan teaches in English but works hard to maintain the Japanese terminology for what we were doing. It's kind of like having our own technical director for the club.

It's hard to believe, but that was seventeen years ago! The first year we ran the club we probably had about 12 students and two of those were our kids. The rest of the students were Katie and Ryan's friends along with some of their parents. We were lucky to have the support of our Toronto sensei. It would have been a lot harder to have a successful club without them. In the first couple of years we had visits from Sensei McCarthy and Sensei Marshall. This helped show the class that they were part of a much bigger organization and exposed them to new drills and ways of thinking about what they were practicing.

To boost membership, we held karate demos at the school just before it let out for summer. We performed kata, demonstrated self defense techniques and broke a lot of boards. It worked as the class size doubled each year until we finally had to limit it due to space limitations and our desire to be able to work with students in personal-sized groups. We did not want to create a dojo like the one Dan first experienced way back when.

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Today the class is larger and we are fortunate to have Sensei Manara visit regularly to keep us on the straight and narrow. It sounds mean but we have a lot of fun creating a tiny bit of apprehension in the class before he visits. We warn them that “you better do that properly, because if Sensei Manara sees that...!”. Of course, now that most of them have met him a few times it's harder to scare them.

Over the past seventeen years, we've seen students go from childhood to university, graduation and into professional careers. Our son Ryan was ranked to Shodan before he left for university and our daughter Katie got to Shodan-ho. We've seen five-year-olds turn into lawyers, nurses, financial professionals, helicopter pilots, engineers, and all kinds of other things. It really makes us proud to see them succeed.

Another interesting phenomenon is that many of the adults who only joined the club to support their children have continued training with us long after their kids lost interest and moved on to other things. Two of these individuals (Sensei Mike Leblanc and Keith Daigle) are now Nidan level and have become cornerstones of our dojo. Along with Sensei Herb Milton, they round out our team and share the load of keeping things going. Looking back, we both consider our club to be the greatest achievement of our karate careers.

The feeling we get every time we go to class is indescribable. Sometimes one of us has not wanted to attend a certain class because they have had a hard week or were a little under the weather, but once we get there and things start happening we are always happy to have made the effort.

Having each other, as well as our close friends in the dojo, is a blessing. The leadership and caring that everyone exhibits just makes us all try harder. The overwhelming feeling that we both have when we reflect on our years of training is gratitude. We are grateful for all our sensei, our students and our family. Our lives are richer because of them.

TRAINING CAMP 2018

There will be parallel seminars. The participants for the parallel seminars will be divided in half so we have equal numbers in each seminar. Early registrants will have their choice of seminars, so sign up early.

Early-Bird Registration: Sign up early and save money.

NOTE: Sensei Steve Borda will be sending an e-mail to the club leaders with **the password** and instructions.

Events of the Day

9:45 – 10:00 Bow in, followed by a general
loosen up
10:00 – 11:00 Sessions 1 & 2
11:00 – 12:00 Session 3
12:00 – 1:30 BBQ lunch included
1:30 – 2:30 Sessions 4 & 5
2:30 – 3:30 Sessions 6 & 7
3:30 – 4:00 Break
4:00 – 6:00 Post-seminar Activities

Instruction

Session 1: Sensei Jose-Carlos Garcia – Flow and Power
Session 2: Sensei Michael McCarthy – Joint Lock Alternatives
Session 3: Sensei Dave Manara – Advanced Kihon Kumite
Session 4: Sensei Steve Borda – Kata Interpretation, Bunkai & Oyo
Session 5: Sensei Larry O'Grady – Pad Drills & Redman
Session 6: Sensei Ron Sheyan – Tenbo Drill (a 1" diameter
hardwood dowel required)
Session 7: Sensei Steve Borda – Kata Unsu



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NEWS FROM CLUBS

**BROOKLIN FAMILY
Karate Club, Brooklin, ON**

**Sensei Anthony Woodward,
Godan**
(5th Degree Black Belt)

**Sensei Heather Cant-
Woodward, Godan & C.O.**
(5th Degree Black Belt)

MONDAY AND THURSDAY:
7:00 – 8:30PM



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

Facebook: <https://www.facebook.com/brooklinkarate1/>

Twitter: @brookinkarate1

An Invitation To Broaden Your Horizons

Brooklin Family Karate Club runs a bi-monthly Senior Belt class. Students from all clubs are welcome to attend. Please e-mail Sensei Ron Sheyan at rsheyan@gmail.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 "Class Schedule and Location" tab for further details.

Thornhill Winter 2018 Invitational Tournament

Congratulations are in order! On Saturday, March 3rd, several of our students attended the Toronto Wado-Kai Tournament in Thornhill Ontario. A big thank you for representing our club!



Pictured left are: Sensei **Jarro**d (second place in Kata), Sensei **Cindy**, **Erin** (second place in Kata and second place in Sparring), Sensei **Mark**, Sensei **Ron**, Sensei **Fiona** (first place in Sparring), **Trish** (third place in Sparring), and **Denis** (third place in Kata and third place in Sparring).

Recent Grading

Congratulations to **Sasha** on her promotion to yellow belt!



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**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

From the Clarington Wado-Kai Team: Wishing ALL a very Happy and warm Spring, and (I trust) a Happy Easter was also enjoyed! We are sharing some photos of visits that Clarington Wado-Kai has enjoyed over the winter months from two of our Toronto Wado-Kai Ambassadors, namely Sensei **Ron Sheyan** and Sensei **Ray Kennedy**. I have had the distinct pleasure of knowing both of these teachers of The Art for quite some time.

Sensei Ron visited on January 17th; our request to Sensei Ron was to review our advanced katas, being Bassai Dai and Jihon.

For the Shodans, the Bassai Dai kata was reviewed and for the Shodan-Ho, the Jihon kata was reviewed; both in detail, section by section, interactively, enabling the students to have a comprehensive review of these katas. The students then got a chance to execute the Katas completely to assess knowledge transfer and technicality, and they did well! My goal was for our students to receive a different stimulus, perspective and dissection of these katas and Sensei Ron delivered on that! **The Kata Group is pictured below.**



Sensei Ray visited on March 5th. Our request of Sensei Ray was to take us through sparring techniques. Initially, in row formation, we worked on specific sparring techniques individually. This then developed into controlled two-person drills using the same techniques of attack and defense, and interchanging partners to keep it challenging. Further still, the techniques were taken into line attack drills, giving each line head a barrage of attacks to defend against. Lastly, the techniques were taken into full sparring! The four segments gave the students slightly different frameworks to

build on and bring confidence and execution into the techniques. Sensei Ray delivered on advancing our sparring.

The Sparring Group >

Sensei Ron also visited on March 7th, this time though was for takedowns! Our evening consisted of several takedown routines to the mid-section and face-section. The details of the block (defense) of the attack, the seize and control of the opponent, the positioning of the defender's body (feet and hips) relative to the opponent, and proper stances were all reviewed in great detail.



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CLARINGTON Karate Club,
Courtice, ON

Proximity to the opponent in order to disturb their center of gravity is a key element in the takedown execution! Sensei Ron delivered on exercising us though the takedowns we covered. **Below left is the Takedown Group.**

In summary, our Wado-Kai Organization abounds with great talent, expertise and, collectively, many, many years of hard training and development. I truly cherish the visits we are fortunate to receive when our Teachers come out and share their years of experience with us!

From Clarington Wado-Kai, a huge thank you to Sensei Ron and Sensei Ray!



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TORONTO WADO-KAI KARATE CLUB LTD.



PORT PERRY Karate Club, Port Perry, ON

Sensei Frank Murphy
Godan
(5th Degree Black Belt)

SCOUT HALL

SUNDAY AND TUESDAY:
7 – 8:30PM

Port Perry Karate was happy to welcome Sensei **Ron Sheyan**, 7th Dan, to our club in February and again in April. Both times he worked with our more senior students on refining and understanding their kata. Pictured below is Sensei Ron reviewing Naifunchi Nidan with the students, while Sensei **Jan Longo**, 2nd Dan, keeps a watchful eye ready to assist the students. We are looking forward to his next visit. They are always enjoyable and educational, as well.



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TWKK FALL TOURNAMENT RESULTS	Congratulations to all the participants of the Thornhill Tournament held on March 3, 2018
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Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN Under 8 Yrs				
Green – Brown	Kata	Ronin C., Green, Seikikai	Lucas L., Yellow, Seikikai	Kenneth T., Yellow, Seikikai
White – Green	Kumite	Ronin C., Green, Seikikai	Lucas L., Yellow, Seikikai	Liam R., Yellow, Seikikai
JUNIORS				
Green – Brown	Kata	Mauriya Q., Blue, Seikikai	Erin D., Brown, Brooklin	Roman V., Blue, Seikikai
Green – Brown	Kumite	Nicolas L., Green, Seikikai	Erin D., Brown, Brooklin	Kreren D., Blue, Ajax-Pickering
ADULTS +				
White – Brown	Kata	Ryan Ruskay, Brown, Seikikai	Kara Ye, White, Ryerson	Denis Charbonneau, Green, Brooklin
Black Belts			Dave Sutton, Brown, Thornhill	John Colohan, Green, Seikikai
Black Belts		Steve Borda, 7 th Dan, Seikikai	Jarrod W., Jr. Shodan, Brooklin	Leaton Bernard, 6 th Dan, Ryerson
White – Green	Kumite	John Colohan, Green, Seikikai	Kara Ye, White, Ryerson	Denis Charbonneau, Green, Brooklin
Blue – Brown		Ryan Ruskay, Brown, Seikikai	Kymara De Silva, Blue, Brooklin	Trish Haertz, Brown, Brooklin
Black Belts, Women		Fiona Wilson, 1 st Dan, Brooklin	Samantha Rockbrune, Shodan-Ho, Clarington	
Black Belts		Leaton Bernard, 6 th Dan, Ryerson	Max Voznyy, Shodan, Seikikai	Steve Borda, 7 th Dan, Seikikai

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



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Fall Wado-Kai Tournament is October 27, 2018
Thornhill Community Centre
See TWKK Website for More Information



Training Camp 2017

TWKK Gallery

For More Pictures of TWKK Events
 Visit Our Flickr Site <http://www.flickr.com/photos/33364500@N06/sets>

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS	
AJAX-PICKERING – Daina Als	LAURENTIAN VALLEY (Pembroke) – Margaret Michael & Jim Sullivan
BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston	OSHAWA-WHITBY – José-Carlos Garcia
BEAUBASSIN (Halifax) – Dan Duce & Kim Duggan	PORT PERRY – Frank Murphy
BROOKLIN-WHITBY – Anthony Woodward & Heather Cant-Woodward	RYERSON (Toronto) – Leaton Bernard
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CLARINGTON – Robin Singh	THORNHILL – Dave Manara
EDMONTON Clubs – Randy James & André Beauregard	YUDANSHA HOMBU (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, José-Carlos Garcia, Ray Kennedy, Ron Sheyan
Rokudan (6 th Degree Black Belt)	Leaton Bernard, Biller Ching, Robb Dods, Randy James, Ian Mador, Tony Marziliano, Michael McCarthy, Larry O'Grady, Freeman Thurston
Godan (5 th Degree Black Belt)	André Beauregard, Eric Bergman, Heather Cant-Woodward, Joel Cohen, James Darker, Steve Henrich, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward, Ed Young
Yodan (4 th Degree Black Belt)	Andy Basacchi, Ken Buck, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

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