

APRIL 2019

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(9th Degree Black Belt)

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INTRODUCTION

Is it Spring? I believe it has arrived in Southern Ontario, although we still see an attempt at the odd snow flurry. I hope that Spring Fever is getting the dojos excited to work out as summer is on the horizon.

In this issue, we have pictures from **Sensei Manara's** visit to the Edmonton Dojos where he and the Club Heads, **Sensei Randy James** and **André Beauregard**, presented a variety of Yudansha ranks. Sensei Manara also presented Sensei James with his 7th Dan! There were also new ranks achieved in Ontario. Congratulations to all the new Yudansha members!

June is not that far away, which means the **Summer Camp** at Sensei **Steve Borda's** farm, hosted by the Seikikai Martial Arts, will be here before we know it.

Save the date for **Saturday, June 22, 2019.**

We also have the results from the TWKK Winter Tournament to report; and some sad news that was previously shared with Club Heads. While we have shared our condolences to our Yudansha community upon the death of family members, I think this is the first time I have had to report the loss of one of our own Yudansha members.



Sensei **Margaret Sheyan**, Yodan

We will remember you, Sensei Marg!

TORONTO WADO-KAI KARATE CLUB LTD.

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



Senior Dan Council Member Sensei Andy Arduino Basacchi, Yodan

My life with Karate started when I was around 16, back in 1972. In the early-to-late '70's, Bruce Lee's movies were popular and something about the art touched me. Growing up in Downsview, Ontario I found the closest karate dojo, which turned out to be one of Wally Slocki's School of Self Defense, just south of Yorkdale Mall. I enjoyed the training and I can recall that, in one class, Sensei Slocki made an appearance. I managed to take classes until I was ranked to Yellow Belt, but my school workload, and after school part-time job, took priority causing me to stop going to karate classes.

Fast forwarding to University days, I joined the University of Toronto Karate classes and took them for some time. Once again, the tremendous workload at University (Engineering Science), took priority and I stopped going to classes, though I really enjoyed them. Once I completed my two degrees at U of T (Bachelors of Applied Science in Electrical Engineering, and Masters of Applied Science in Biomedical Engineering) I started work. For the third time, I attended a karate club in the Dufferin & Eglinton area, where I proceeded to the point of getting my green belt. At that time, with two children and a full-time job at IBM Canada, other priorities dictated that I would once again stop going to classes.

In each time that I stopped going to classes, I always felt the draw of Karate and my personal unfinished business – of getting to Black Belt. I did not know why, but I had this internal desire to achieve that illusive Black Belt in Karate for most of my early life. That had been one of my 'unwritten' goals.

I can vividly recall in early 1990, when Sensei Nelson Coish, then a Shodan-Ho, started the IBM Karate club. At that time, during the height of IBM Canada, we had a country club and within it many different clubs. Sensei Nelson decided to open the Karate Club for internal IBM employees only. I recall going on the first day with my 'old' karate gi and attending the class. I immediately, once again, fell in love with the concept and decided to fully commit to the class. My wife at the time, Dorothy, was pregnant with our third child, Jean-Paul, and I can remember informing her that no matter what, this time I was going to Black! She was extremely supportive of my desire from that point forward. During that year, I was a project engineer working in the Real Estate & Construction division of IBM Canada.



Sensei Andy, back row 2nd from right, in one of Sensei Coish's Karate classes in 2004

As Sensei Nelson could not rank students on his own at that time, and a fellow Karate-ka and I were qualified for our Yellow belt ranking, I recall that we had to go to his sensei's club in Port Perry to attend a ranking. He was gracious to host the two of us at his home just prior to the ranking and I can recall all the nervousness I felt! We were both successful and ended up being the first two yellow belts in his class! What an honor!

At the time, my career at IBM was extremely challenging. IBM Canada and IBM Corp. were experiencing extreme business losses resulting in the disposition of assets, including the outsourcing of employees. In 1993, I along with the balance of the Real Estate department, was in the group to be outsourced. Very few people were kept behind as IBMers to work with the outsourced employees (a separate company). That was one of the darkest memories of IBM for me.

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Luckily, Sensei Nelson opened the class to non-IBMers and I was able to continue attending his classes. Once I had my Yellow belt, I was able to attend classes at other dojo's (the rule was you had to be at least a Yellow belt) and I attended classes at Thornhill Community Center with Sensei Wolfgang Franke. His classes were filled with every rank, and it was great to see the road ahead by simply looking towards the front of the class from the 'back of the class' where the Yellow belts would line up.

One tremendous benefit I know that I experienced during very stressful times in my life was the psychological transformation that occurred during classes. I had noticed that, depending on how 'stressed' I was due to the pressures of the job, finances, etc., I could tell only after the first break (usually some 45 minutes into the class) when I had 'forgotten' about the stresses in my head! At times it took some 20 minutes to transition so that the "noise" would not interfere in my mind in the class. There were times it took the full 45 minutes to do it. But in most cases – it happened. This I later realized was a great form of stress release – or what I refer to as 'active meditation' – where the positive stress (the class) put on the body caused the negative mental stress to disappear. This to me became a great personal benefit that would help in many stressful events to come.

As soon as I became Green belt, it was great that Sensei Coish allowed me to start teaching some of the White and Yellow belts. That was the start of finally giving back to the organization, but also in truly deepening my understanding of the sport. One has to understand deeply prior to teaching, and it helped me greatly. I also was fortunate enough to teach many individuals and, in some cases an entire family. I also would see many young adults having to leave our classes, usually with a senior rank, for college or university. What an honor to have seen children grow into young adults and leave us to expand their education and life.



Sensei Manara and Sensei Coish awarding Andy one of his senior Dan's

Being able to attend the additional classes allowed me to accelerate through my ranks and, in around three years, I was able to be ranked for my Shodan-Ho at Ryerson. What an experience that was with the other Brown belts and Black belts! We completed the ranking and I was awarded the rank of Shodan-Ho. That rank then allowed me to start attending the Yudansha classes; and there I once again experienced that tremendous feeling of 'The road ahead' from the back of the class. The first Yudansha was truly intimidating for me, with Sensei Manara at the front with the most senior ranks, running the class. You could feel the tremendous respect everyone had for Sensei Manara and the control he had over the class. That feeling of overwhelming eventually subsided as I, too, moved up the ranks to my first Black Belt ranking. What a wonderful feeling to finally have earned that Black belt some four years after the fourth time I started Karate, and to celebrate with my family!



My career also continued to progress, as I worked through many positions with the outsourced company, Trammell Crow, which was then acquired by CBRE: Project Engineer, Building Manager of IBM Corporate Headquarters, Manager of Engineering, Director of Engineering, and then to Global Vice President of Engineering on the American Express Account.

Interestingly enough, the following months after obtaining my First Degree were filled with doubt and confusion as my personal goal of attaining the Black Belt was met. What did I have to accomplish now? I used most of the subsequent year to change my outlook on my goals in Karate, and I simply realized that it had now become a part of my life. The friends that I gained, the incredible instructors (both young and old) that had molded my training, and the leadership (and eventual friendship) of Sensei Manara always along the way. I then morphed the confusion into understanding and continued on my growth as a Karate student.

On July 23, 2000, Sensei Manara awarded me with the Shintani Award at the Wasaga Beach Annual Training Camp. At that Camp, my middle daughter, Diana, and my son, Jean-Paul, were both in attendance and saw me receive the award. What a great feeling to be recognized for that Award, especially for the values that Sensei Shintani stood for: Sincerity, Humility and Dedication.

After Sensei Coish decided to leave Karate, I became the instructor of the Unionville Club where I had taught with Sensei Coish. It was a pleasure to work with the many students and senior instructors that we had in our class.

My love for Karate always was very strong, and it took me a long time to decide to 'retire' from running the class at Unionville so that I could pursue one of my other passions – painting landscapes and other scenes. I can still recall my discussion with Sensei Manara about my needing to reduce the responsibility of running the class. He was initially concerned that there was some health issue and thus I had to stop training, but I assured him that all was fine. It was just time to move my focus to another of my passions. He was very gracious and understood my decision to retire. I assured him that I would continue to drop into classes and also assist in tournaments when I could, and that I have done.

Karate has been a long journey for me and one that I know has yet to come to a close. It is in my blood, and there isn't a day when I do not think of some aspect of Karate. I wish to thank my wife, Dorothy who has always been very patient with all my passions and allowed me to take the time to attend all the classes; and my children, Daniela, Diana and Jean- Paul, who at one point were all attending classes with me. It was wonderful to see them grow in Karate and in their confidence. I similarly want to thank all my instructors and, in particular, Sensei Nelson Coish as without his decision to start the IBM Canada Karate club, I know I would not have attained my Black Belt, nor have met the great group of fellow karate-kas, and Sensei Manara. I also want to thank the many students that allowed me to teach them this wonderful artform.

Finally, I wish to thank my children's wonderful spouses Frankie LaFace (Daniela's husband), Marco Cuoco (Diana's husband), and Karina Mariani (Jean-Paul's wife) for giving us our four grandchildren to-date. I am looking forward to having one or more of my grandchildren, Lilianna & Samantha LaFace and Leo & Luca Cuoco, learning karate from me and attending classes in one form or another.



Sensei Coish, Sensei Basacchi, Sensei Manara with Jean-Paul & Diana Basacchi

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NEWS FROM CLUBS

OSHAWA-WHITBY Karate Club, Oshawa ON

Sensei Jose-Carlos Garcia
Shichidan
(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

Happy Spring — it is finally here and let us hope it stays this time! Hope you all made it through this winter, hale and hardy and ready for a good year.

Since the last Focus, there are a couple of things to catch up for 2018.



There was a ranking on November 6, 2018 and **Sheena M.** achieved her Green belt. Great job Sheena!



Rita V. 1st in Kata and 1st in Kumite >

On November 29, 2018 another ranking was held; this time congratulations go to **Elim W.** and **Abby W.** for both attaining their Orange belts.

CONGRATULATIONS!! To all the Oshawa participants attending the Toronto Wado-Kai Tournament on Saturday February 23, 2019.

Sensei **Daina A.** 2nd in Kata >
Annabella M. 2nd in Kata and 3rd in
Kumite >



From what we understand, a great time was had by all!

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EDMONTON Karate Clubs, Edmonton AB

Sensei Randy James,
Shichidan
(7th Degree Black Belt)

ST. PATRICK SCHOOL

Sensei André Beauregard
Rokudan
(6th Degree Black Belt)

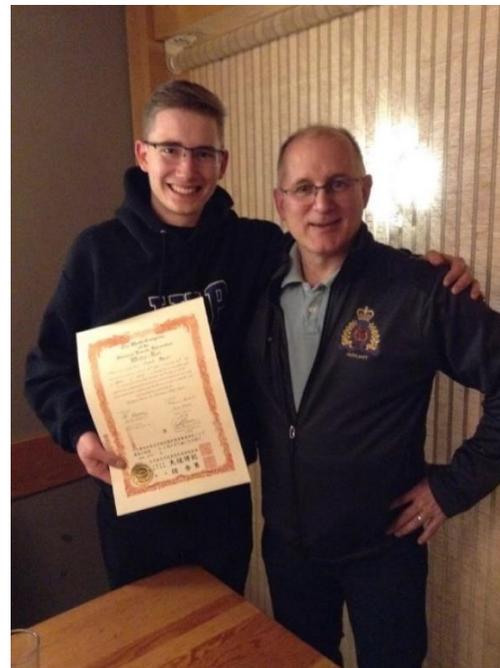
ANDRÉ'S BUDO CENTRE INC.
TUESDAYS & THURSDAYS:
7:00 – 9:00PM

Sensei Manara's visit on Saturday, April 6th did not encounter what Sensei often mentioned as 'The wonderful changing and unpredictable weather of Edmonton'. This time, we had great weather for his visit. As usual, Sensei stays at the Edmonton Chateau Lacombe/The Crown Plaza; a hotel fit for the great and humble king of our organization.

On the Saturday, **Sensei Manara** taught the children in the morning, and the youths and adults in the afternoon. Sensei seemed happy with the turnout. It is always difficult at this time of year to get all the students to participate, since it is the beginning of outdoor soccer training. Sensei took some time to refresh my (Sensei **André Beauregard**) and Sensei **Randy James'** memory of Bassai Sho kata. Hopefully, it is now ingrained in our brain.

With the children, Sensei played karate games and all seemed to enjoyed and wished they had more time with him. Then, in the afternoon clinic for the youths and adults, it was about strengthening our forms through basics, kata, kihon pattern drills, kihon kumite and jiyu kumite.

Our usual evening, when Sensei visits, is at the Mikado restaurant where there is great food, followed by the awarding of new ranks. I started by awarding **Marianne Malo Chenard** her Shodan (1st Dan); then it was **Jacob Brown** up to be awarded his Nidan (2nd Dan).



After that, it was up to Sensei Randy James (6th Dan) to award **Michael** and **Luke Bittman** their Nidan (2nd Dan). Then Sensei James awarded Sensei **Ken Buck** his Godan (5th Dan). Sensei Manara then arose and had Sensei James and me join him in awarding Sensei **Ed Young** his Rokudan (6th Dan) in recognition of all his years of karate training, assistance and dedication to the Edmonton Karate Clubs, part of the TWKK. Finally, Sensei Manara awarded Sensei Randy James his Shichidan (7th Dan).

So, congratulations to all the new ranks and thank you Sensei Manara for your visit!

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Edmonton Karate Clubs,
Edmonton, AB

Photos in the mentioned order of the rankings for Sensei James dojo.

Sensei James with sensei Mike Bittman and Luke Bittman receiving their 2nd Dans



Sensei Ken Buck receiving his 5th Dan



Sensei Ed Young receiving his 6th Dan

Sensei Randy James receiving his 7th Dan



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TORONTO WADO-KAI KARATE CLUB LTD.



Edmonton Karate Clubs,
Edmonton, AB

Pictures from the classes

The morning children's group



The afternoon youths and adults' group



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THORNHILL Karate Club, Thornhill ON

Sensei Dave Manara
Kudan
(9th Degree Black Belt)

Sensei Biller Ching
Rokudan
(6th Degree Black Belt)

C.O. Marion Dimand
Sandan
(3rd Degree Black Belt)

THORNHILL COMMUNITY CENTRE

Moving up in the karate world!

There are kids smiling faces at Thornhill Dojo! (Well, maybe most of them are smiling!) They have good reason to smile, after the success of their hard work.



Ariya and **Jake** have both successfully ranked to green belt.

Clara is now a blue belt.



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/BrooklinWhitbyKarate?ref=hl>

Twitter: @brooklinkarate

On Tuesday, February 5, Sensei **Fiona** participated in a very intense grading in Thornhill, at the end of which she successfully achieved her Nidan rank!

Sensei Fiona is an important member of Brooklin Family Karate, and her contributions to the club and the students is appreciated.

CONGRATULATIONS to Sensei Fiona on this very significant achievement! We are very proud of you!

An Invitation to Broaden Your Horizons

Brooklin Family Karate 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.



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Brooklin Karate Club
Brooklin, ON

Recent Gradings:

Congratulations to our students who have recently achieved their next rank. Your promotions are well deserved!

Pictured below are **Dan** and **Mollie** who received their yellow belts.



Pictured right is **Brad** who achieved his blue belt.



Brooklin Family Karate Black-Belt Class

Sensei **Ron** kicked off 2019 with some intense black-belt classes at Brooklin Family Karate. Pictured below is Sensei Ron demonstrating on Sensei **Anthony** and Sensei **Alex**.

Thank you, Sensei, for the detailed instruction for all black-belts!



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CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Yudansha members who were recently promoted.

For St. Patrick School Dojo, Edmonton:

Randy James to 7th Dan, **Ed Young** to 6th Dan, **Ken Buck** to 5th Dan, **Mike Bittman** and **Luke Bittman**, to 2nd Dan

For André's Budo Centre Inc. Dojo, Edmonton:

Jacob Brown to 2nd Dan, **Maryanne Malo Chenard** to 1st Dan

For the Brooklin Family Karate Dojo:

Fiona Wilson to 2nd Dan

For the Seikikai Martial Arts Dojo:

Max Vosnyy to 3rd Dan, **Brenden Skripac** to Shodan-Ho

IN MEMORY of SENSEI MARGARET SHEYAN

On Sunday, December 9, 2018, **Sensei Margaret Sheyan**, Yodan, passed away after a lengthy illness. Wife of Barry Sheyan and sister-in-law of Sensei Ron Sheyan, Sensei Margaret was previously the Club Head of the Clarington dojo for many years. She began her karate training in January, 1984 at the Durham College dojo in Oshawa with Sensei José-Carlos Garcia. Margaret attained her black belts, Yodan in karate (2005) and Sandan in Shindo (1996), with Sensei Manara.

Below: Sensei Margaret Sheyan back row centre, between Sensei Margaret Michael and Sensei Jim Sullivan, 1997



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OUR CONDOLENCES

Our sympathies go to **Sensei Ray Kennedy**, Shichidan and his wife, Carol, on the passing of Carol's father.
Mr. Giroux passed away peacefully on March 6, 2019.

**TWKK FALL
TOURNAMENT
RESULTS**

**Congratulations to all the participants of the
Thornhill Tournament held on February 23, 2019**

Division	Event	1 st Place	2 nd Place	3 rd Place
ALL AGES Under Brown				
Green – Blue	Kata Kata	Rita V., Blue, Oshawa-Whitby	Annabella M., Green, Oshawa/Whitby Hasan G., Blue, Seikikai/Etobicoke	Clara M., Green, Thornhill
White – Orange		Jake S., Orange, Thornhill	Liam R., Yellow, Seikikai/Etobicoke	Anthony Panton, Yellow, Ajax-Pickering
Yellow – Orange	Kumite	Jake S., Orange, Thornhill	Liam R., Yellow, Seikikai/Etobicoke	
Green – Blue		Hasan G., Blue, Seikikai/Etobicoke	Clara M., Green, Thornhill	
ADULTS Only				
Brown	Kata	Maariya Quavi, Seikikai/Etobicoke	Marg Smith, Thornhill	Roman Voznyy, Seikikai/Etobicoke
Black Belts - All		Steve Borda, Shichidan, Seikikai/Etobicoke	Dana Als, Nidan, Ajax-Pickering	Ryan Ruskay, Shodan-Ho, Seikikai/Etobicoke
Yellow – Brown	Kumite	Anthony Panton, Yellow, Ajax-Pickering	Roman Voznyy, Brown, Seikikai/Etobicoke	
Women Blue – Brown		Rita Venegrakk, Blue, Oshawa-Whitby	Marg Smith, Brown, Thornhill	Kierra de Silva, Brown, Ajax-Pickering
Black Belts - Men		Max Voznyy, Sandan, Seikikai/Etobicoke	Jamie Darker, Godan, Thornhill	Steve Borda, Shichidan, Seikikai/Etobicoke

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Summer Training Camp is June 22, 2019

Sensei Borda's Farm, East Caledon

Watch for Flyer

Fall Wado-Kai Tournament is October 26, 2019

Thornhill Community Centre

See Flyer on Website

TWKK Gallery

For More Pictures of TWKK Events Visit Our Flickr Site

<http://www.flickr.com/photos/33364500@N06/sets>

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Follow us on Instagram @toronto_wadokai

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Daina Als	EDMONTON Clubs – Randy James & André Beauregard
BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston	OSHAWA-WHITBY – José-Carlos Garcia
BEAUBASSIN (Halifax) – Dan Duce & Kim Duggan	RYERSON (Toronto) – Leaton Bernard
BROOKLIN-WHITBY – Anthony Woodward & Heather Cant-Woodward	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CALGARY – Steve Henrich	THORNHILL – Dave Manara
CLARINGTON – Robin Singh	YUDANSHA HOMBU (Unionville) – Dave Manara

TORONTO WADO-KAI SENIOR DAN COUNCIL

Kudan (9 th Degree Black Belt)	Dave Manara
Shichidan (7 th Degree Black Belt)	Steve Borda, José-Carlos Garcia, Randy James, Ray Kennedy, Ron Sheyan
Rokudan (6 th Degree Black Belt)	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Ian Mador, Tony Marziliano, Michael McCarthy, Larry O'Grady, Freeman Thurston, Ed Young
Godan (5 th Degree Black Belt)	Eric Bergman, Ken Buck, Heather Cant-Woodward, Joel Cohen, James Darker, Steve Henrich, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward
Yodan (4 th Degree Black Belt)	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

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