



JULY 2020 SPECIAL EDITION

PRESIDENT:

Sensei Dave Manara, Kudan
(9th Degree Black Belt)

VICE PRESIDENT:

Steve Borda, Hachidan
(8th Degree Black Belt)

TECHNICAL DIRECTOR:

José-Carlos Garcia, Hachidan
(8th Degree Black Belt)

SENIOR DIRECTOR & ADVISOR:

Ray Kennedy, Shichidan
(7th Degree Black Belt)

COMMUNICATIONS DIRECTOR & FOCUS EDITOR:

Robb Dods, Rokudan
(6th Degree Black Belt)

YUDANSHA MEMBERSHIP

DIRECTOR:

Ron Sheyan, Shichidan
(7th Degree Black Belt)

CARIBBEAN DIRECTOR:

Freeman Thurston, Shichidan
(7th Degree Black Belt)

SENIOR ADVISOR:

Michael McCarthy, Rokudan
(6th Degree Black Belt)

WEBSITE DIRECTOR:

Leaton Bernard, Rokudan
(6th Degree Black Belt)

AMBASSADORS:

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

INTRODUCTION

The COVID-19 virus has impacted all our lives in myriad ways. In this short, special issue of FOCUS, we have provided messages from various club leaders as to what has been happening for them and their student constituents during these past three historic months. Since our organisation has not been able to hold 'in public' classes at the dojos, some of our Club Heads have been imaginative in providing classes in other ways, but not every club has been able to do so.

We want everyone to stay safe, play safe, and respect the health of others.

For the karate-ka, training becomes a way of life. However, with the changes in our family and work lives that have been forced upon our daily and weekly habits, we can expect that there will be an effect that will result in some karate-kas who may not get back to their karate training that was once so routine. As the social distancing rules become more effective and ingrained in people, we should be able to return to the actual dojos one day. However, it may be that the dojos lose karate-ka membership resulting from all this upset to our lives. We hope that is not the case, but it is likely a reality.

Early in June, Sensei Manara said, "I think it is premature to publish guidelines until we are closer to some form of reopening. I have been reminding everyone to follow current public health published guidelines."

I am sure by the end of the summer we will have a good idea how we can all move forward with our training. I've even kept in this issue the hope of the pending TWKK Fall Tournament. Maybe it will happen! We do not know yet.

Enjoy your read! > EDITOR ROBB DODS

TORONTO WADO-KAI KARATE CLUB LTD.

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



MESSAGES FROM CLUBS

Seikikai Martial Arts, Etobicoke, Sensei Steve Borda 8th Dan

We are doing on-line classes in the interim. I believe some other clubs are as well. This will engage members until we get back to actual classes. I have some students that are not interested in the on-line format, but are ready to come back as soon as we can get classes going. Of course, there are others that we may lose.

As the Ontario government has indicated that some athletics have been given the go-ahead at this time, I have approached the Etobicoke Olympium where we hold classes. It is a city-run facility and the first question I got was what "national governing body" are you affiliated with? This is part of the specification by the government. My club is also a member of the Ontario Karate Federation (OKF) that published their guideline of recommended protocols. The Olympium has yet to be given the 'OK' to open. Some rec centers in Toronto have opened. I assume they are following a staged approach to this. For some of you, your facility may allow you back in, if you want, as long as you are following specific guidelines even if you aren't part of the governing body.

The main concern at the moment should be the safety of our students. If any Club Head is interested in a copy of the OKF guidelines, let me know.

Oshawa-Ajax Wado-Kai Karate, Sensei Jose-Carlos Garcia, 8th Dan

This is a friendly invitation to all the members of the Toronto Waldo-Kai organization.

For the past three months we (Oshawa/Whitby dojo and Ajax/Pickering dojo) have been running virtual karate classes successfully and now we would like to invite you to be part of it. The classes run three days a week (two regular classes

and one special for specific belt colour/rank(s). Thanks to the support from the black belt team of three 3rd dans, two 2nd dans, one 1st dan, and myself, we have been able to continue the training on the basics, katas, bunkai, combinations and take-downs, as well as continue our physical training.

The classes are running at no-cost to the participants and to participate, the only thing you need is a cellphone, tablet or computer to run the free Zoom application and a small room for you to practice the techniques taught.

If you or/and any of your students is interested, please send me their name and their email address where we can send the login and password information.

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CANCELLED	2	3 REGULAR CLASS 6:30-8:00 PM (SENSEI DAINA)	4
5	6	7 YELLOW & ORANGE BELTS 7:00-8:00 PM (SENSEI GARCIA)	8 REGULAR CLASS 6:30-8:00 PM (SENSEI TOBI)	9	10 REGULAR CLASS 6:30-8:00 PM (SENSEI DAINA)	11
12	13	14 GREEN & BLUE BELTS 7:00-8:00 PM (SENSEI GARCIA)	15 REGULAR CLASS 6:30-8:00 PM (SENSEI JENNIFER)	16	17 REGULAR CLASS 6:30-8:00 PM (SENSEI DAINA)	18
19	20	21 BLACK BELTS (YUDANSHA) 7:00-8:00 PM (SENSEI GARCIA)	22 REGULAR CLASS 6:30-8:00 PM (SENSEI ANSON)	23	24 REGULAR CLASS 6:30-8:00 PM (SENSEI DAINA)	25
26	27	28 BROWN BELTS & SHODAN-HO 7:00-8:00 PM (SENSEI GARCIA)	29 REGULAR CLASS 6:30-8:00 PM (SENSEI BRIAN)	30	31 REGULAR CLASS 6:30-8:00 PM (SENSEI DAINA)	

Please refer to our July schedule.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



Bahamas and Caribbean Aikiwa Wado-Kai, Sensei Freeman Thurston 7th Dan

The challenges we face in The Bahamas are multi-layered, as are many other locations. After such an extended hiatus, there appears to be not much 'appetite' for a return to 'normal'. We are hoping to prepare strategies for reviving our social footprints across our local communities. It all begins with our Wado programs re-introduction and National Exams Tutorials expansion. At the moment, I am afraid, we have a steep hill to climb as most families are very much focused on the 'necessities' of daily survival. Once again, I have been offered a teaching position for Math and Sciences and hope to introduce Wado training at the High School level, ...as soon as we reopen school system.

Will keep all abreast on our progress. In the meantime, communication is key, if we are to remain relevant, and Toronto Wado-Kai to continue to be strong and growing.

Currently, we are scheduled to begin opening the borders to International travel July 1st, 2020. Internal relaxing of imposed restrictions have progressed well, which have made the decision to ease international restrictions. Bahamas Wado-Kai karate, in the wake of these developments, has laid out the following in efforts to re-establish our footprint in the communities we serve.

- Local restrictions gradually lifted, fully restored to 'normal' by month end. International travel to be restored by July 1st. Local Community Centres to come on line post repairs in the wake of hurricane Dorian and will begin to serving needs of residents. Bahamas Wado-Kai expects to re-establish footprint via the programs we have pioneered over the decades.
- The picture below highlights our signature National Exams tutorials program, an offshoot of our Youth/young adults karate training and development programs. These will continue through start of writing National Exams (picture from archives – pre-Dorian and COVID-19 days)
- Registrations and support demos are contemplated for July 10th; our annual Independence celebration held under the patronage of Local Government agencies/Freeport City Council.
- In the meantime, we are still offering tutorial sessions up to and throughout the writing of the National Exams, now rescheduled to begin July 13th.

Moving cautiously, and based on 'facts on the ground', and these plans subject, of course, to The Virus.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



Brooklin Family Karate, Sensei Anthony Woodward 4th Dan

Similar to all clubs, Brooklin Family Karate remains closed indefinitely. The church where we train remains closed, with no scheduled opening date before September to return to classes.

It seems it will be a long time before we get back to our “normal” training!

André's Budo Centre, Sensei Andre Beauregard 6th Dan

Here at André's Budo Centre (ABC) in Edmonton, we have been doing karate online on Zoom since mid-March. The focus has been on basics, kata, tai sabaki and shadow sparring. The classes are broken down as follows:

Dojo undo - warmups (head to toes), abdominal crunches, cardio (jogging, jumping jacks, etc.) and stretches. Then, punches, hand blocks, arm blocks, kicks, tai sabaki, kage kumite, kata. So far about 60 students ranging from children to youths and adults have been training since the forced shutdown of all fitness and dojo in Alberta due to COVID-19. It's been challenging but rewarding in many ways. At ABC, our classes are at 9:00 am, 3:30 and 6:00 pm. Add 2 hours if you are in Toronto. Any TWKK instructor who wishes to try a class to get an idea how I go about it is welcome to attend. Just reach me by email. I would be willing to start an online Yudansha class. Just let me know if that is feasible.

Edmonton Wado-Kai, Sensei Randy James, 7th Dan

I hope this message finds you and your families well during this difficult time. While this is a challenging stretch, we've been given a great opportunity to take inventory of where we're positioned individually, our connection to family and friends. (With that in mind, I've been reflecting on me and my wife, Arlene, as we've, with much excitement, come into possession of an Air Fryer).

Lots has been happening in our world that demands our attention. At Edmonton Wado Kai, I've been sending workout routines to students via email. I've attended a Zoom class with Sensei André and was exhausted not at the end but at the beginning of the session – a really good workout. I, along with some of our senior dans, have been testing students for belts via Zoom; we've been excited with how well its working. Very interesting to explore the psychological combined with physical elements that not being physically present when testing requires. Online, students are asked to demonstrate a technique and talk us through how they would approach practical scenarios. It's rewarding to see the progress and the thought process of not only our seasoned belts, but also our newer belts. I will be offering 30-minute Zoom training classes in between testing with students once a week.



The parking lot at our Northpointe church location has been opened and I've been teaching parking lot classes every Thurs. night for an hour, from 6:00 – 7:00 p.m. Our first class was Thursday, June 4th. If any of you from Ontario would like to fly in and attend, you're more than welcome... LOL. Stay safe and healthy.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.

**Beaubassin Wado-Kai, Sensei Dan Duce 4th Dan**

We're totally shut down until the schools reopen, which will be September at the earliest.

Before the pandemic started, I began to gradually withdraw myself from the class, letting others teach and run things. Kim [Duggan] has been in full attendance and is the official Club Head. I will continue as Communication Officer. I help with correspondence and act as a knowledge-base (as I know the kata, terminology, etc, better than the rest).

When classes do start back up, I likely will only be a back-up instructor when they know they won't have any other instructor available for a particular class.

CONGRATULATIONS TO THE NEW BLACK BELT RANK

Congratulations to **Alex German** who was promoted to 3rd Dan in June; Brooklin Family Karate

Pending new public assembly rules for sports organisations:

Fall Wado-Kai Tournament is October 24, 2020

Thornhill Community Centre

See Flyer on Website <https://torontowadokai.com>

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) – Kim Duggan	RYERSON (Toronto) – Leaton Bernard
BROOKLIN FAMILY KARATE – 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
Hachidan (8 th Degree Black Belt)	Steve Borda, José-Carlos Garcia
Shichidan (7 th Degree Black Belt)	Randy James, Ray Kennedy, Larry O'Grady, Ron Sheyan, Freeman Thurston
Rokudan (6 th Degree Black Belt)	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Steve Henrich, Tony Marziliano, Michael McCarthy, Ed Young
Godan (5 th Degree Black Belt)	Eric Bergman, Ken Buck, Heather Cant-Woodward, Joel Cohen, James Darker, 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

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.