



OCTOBER 2020

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

We endure as we endeavour in Karate-do!

While the world is still dealing with the effects of the COVID-19 pandemic, and many regions are beginning to experience the 'second wave', our intrepid karate-kas persevere in many ways. Below is a picture of Seikikai students training at sunset in Etobicoke, Ontario, Canada.



In this issue we hear from some of the clubs still managing classes, virtually, or safely in dojo settings. We announce a new Club Head, and we continue to share our stories so everyone knows the TWKK community is well.

As Mark and Fiona demonstrate, there are now new accessories added to our Gi's.

Enjoy your read! > **EDITOR ROBB DODS**



TORONTO WADO-KAI KARATE CLUB LTD.

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



NEW CLUB HEAD ANNOUNCED for BROOKLIN KARATE CLUB

By Mark Illy, Shodan



Since 1999, when Sensei **Ron Sheyan** began the Club, Brooklin Wado-Kai has been a strong and vibrant club with dedicated students and instructors. For 18 years, Sensei Ron led the Club and its students through the journey that is Karate.

In 2018, the reigns for Brooklin Wado-Kai were handed over to Sensei **Anthony Woodward** and **Heather Cant-Woodward**, who continued the fine tradition of excellent teaching and leadership. Earlier this year, Sensei Anthony and Heather announced that they found their dream home and were moving out of town. As a result, they would no longer be in a position to continue leading Brooklin Family Karate.

In July 2020, Sensei Manara put the call out to see if anyone was interested in following in the footsteps of these wonderful sensei and take on the challenge of becoming the new owner/Club Head for Brooklin.

I am excited to announce that I have decided to take on the challenge and the rewards of becoming the new Club Head for Brooklin Wado-Kai. I have been studying Wado-Kai under the guidance of Sensei Ron, Anthony and Heather for 11 years and I will do everything I can to keep up the quality of training and fun atmosphere that everyone in the Brooklin Club has enjoyed for so long.

We will be also offering a children's class at Brooklin Wado-Kai, which will cater to 6 - 9 year old's and will be led by Sensei **Fiona Wilson**. A big thank you to Sensei Fiona for agreeing to take on this very important role.

The current plan is to re-open and resume classes at Brooklin Wado-Kai by the end of October 2020. We have been working in collaboration with our partners at the Brooklin United Church and with guidance from the Durham Regional Health Department. Along with Sensei Manara, Ron, Anthony and Heather we have developed a plan for the safe return to training.



VIRTUAL YUDANSHA PLANNED FOR NOVEMBER

Have you been missing your Yudansha classes?

A plan is in the works to provide the Ontario Yudansha members with a virtual Yudansha Class in November. Other clubs from outside of Ontario are welcome, subject to the timing of the time zones.

Some clubs have had great success in providing online training. With Sensei Manara's support, Sensei **José-Carlos Garcia** and Sensei **Steve Borda** will run a virtual Yudansha Class.

Yudansha members were asked to contact the sensei above as to what day of the week would be best for the majority. Current choices are the weekdays of Monday, Tuesday, or Thursday; also, Saturday is possible, although a weeknight is preferred. If you have responded already with your choice of day that was other than these, please choose again.

If you have not yet followed-up and are still interested, please contact Sensei Steve and Sensei José-Carlos by Monday October 19, 2020. The Club Heads can pass on the information or you may send your response directly. Send your response to the attention of both email addresses: jc_garcia72@hotmail.com and steve.borda@seikikai.ca and cc torentowadokai@gmail.com.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



NEWS FROM CLUBS

ANDRÉ'S BUDO CENTRE, Edmonton AB

Sensei André Beauregard
Rokudan
(6th Degree Black Belt)

Congratulations to **Guilherme** and **Romulo Mesquita** and to **Christian Chenard** on receiving their Shodan.



Christian Chenard with Sensei André and Christian's parents, Marianne Malo Chenard and Charles Chenard



Guilherme and Romulo Mesquita

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



ANDRE'S BUDO CENTRE,
Edmonton AB

These are pictures from a Yudansha class I held with 10 of my students. We worked on Jion, Jitte and Jiin, and their bunkai.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



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

**Sensei Freeman W.
Thurston, Shichdan**
(7th Degree Black Belt)

We report that local/national restrictions have gradually lifted; fully restored to some sort of a 'normal' day-to-day existence recently.

Local Community Centres, however, are still closed pending the lagging infrastructural repairs, etc., since the devastating destruction of Hurricane Dorian one year ago. It is evident, therefore, that we will not be in a position to begin to serve the needs of our communities via programs scheduled at the Centres any time before the Winter school term—perhaps by the beginning of the New Year.

Our National Exams schedules have been necessarily re-scheduled from June-August

timeframe, and are currently (September) underway. Along with the many Tutorials Services Programs that had been touted/offered in the marketplace in accordance with the revised Exams Schedule announcements by the Government, and the myriad Exams candidates ostensibly are seeking to 'cram' for their subjects, the Bahamas Wado-Kai had positioned itself to continue offering the programs we have pioneered over recent years.

There have not been, nor had we scheduled any regular Karate training and development program re-starts to-date, and most likely will adopt a 'wait-and-see' philosophy for the remainder of the calendar year. In the interim, we are re-tooling for 're-opening':

- Registrations and support demos plans are being revamped to respect the realities brought about this year, COVID-19, and all.
- Dojos/Centres training equipment refurbishment/replacement and expected future needs are under assessment, including our stock of donated/re-cycled Gis (i.e., any that somehow survived the extensive flooding last year) that we have routinely offered (free, of course) over training periods to our most needy inner-city registrants from the adjacent communities who duly register at any of the Centres where we offer Wado-Kai Karate programs.
- We are gearing up, once again, to strategize on lobby/appeals for continuing local government/community/local business/corporate entities. etc., and, especially, Bahamas Wado Alumina scattered throughout Northern/Central Bahamas and Caribbean, and mainland USA (particularly Florida), for the continuing support of our programs; and overall support of Bahamas and Caribbean AIKIWA Wado-Kai Karate Goals and Objectives.
- We also look forward to the continuing support of the Administration (Sensei Dave Manara), Dan Councils, Yudansha membership, associates, and friends of Bahamas Wado-Kai Karate of TWKK, 'no place like home!'



We are moving cautiously, based on 'facts on the ground' and these plans; subject, of course, to the Virus.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



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

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

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

Hope everyone is having a great Fall, and back to school. For those of you working from home, make sure you don't stand up during meetings!

Given the continued risk of COVID-19, and holding as a top priority the safety of our students and instructors, Oshawa Wado-Kai in partnership with Ajax-Pickering Wado-Kai will continue virtual training until the end of the year. We will continue meeting Wednesdays and Fridays 6:30pm-8:00pm. (Link to join these classes is noted below. October schedule is also included next page).

On Tuesdays we will run belt-specific classes from 7:00pm-8:00pm (links also noted below). For the month of September, we did not run white belt-specific classes, but once we have a better idea of how many students are returning for the Fall and Winter sessions we will reassess and see if adding in a class specific for the white belts would be feasible.

A special thank you to Sensei **Daina** and all of the Sensei's for their contributions to the virtual classes; we could not have sustained this effort without them. An additional thank you to all of the students for their continued commitment to training. Although things look quite different to how they were before, we aim to improve our basics and make the best of time spent training virtually. **Visit <http://www.oshawawado-kai.ca>**

Congratulations to our two new green belts: **Dezmond M.** on August 11, 2020 (left) and **Michael M.** August 21, 2020.



That's it for now, have safe fall season.

>C.O. Theresa Virgin

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



Oshawa-Whitby Karate Club,
Oshawa ON

Black belts are scheduled to teach some of the classes and the students are also scheduled to do some of the warm up, so everyone is involved in these classes.

Everyone from the TWKK is welcome to participate. Please contact Sensei José-Carlos (jc_garcia72@hotmail.com) to send your email address so that we can provide you with the login access information.

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 REGULAR CLASS 6:30-8:00 PM (SENSEI DOUG) (SENSEI DAINA)	3
4	5	6 YELLOW & ORANGE BELTS 7:00-8:00 PM (SENSEI GARCIA)	7 REGULAR CLASS 6:30-8:00 PM (40 mins Warm up Ethan Medeiros) (SENSEI JAY)	8	9 REGULAR CLASS 6:30-8:00 PM (10 mins Warm up Annabella Medeiros) (SENSEI DAINA)	10
11	12	13 BLACK BELTS (YUDANSHA) 7:00-8:30 PM (SENSEI STEVE)	14 REGULAR CLASS 6:30-8:00 PM (10 mins Warm up Dezmond Robichaud) (SENSEI ANSON)	15	16 REG. CLASS 6:30-8:00 PM (5 mins Warm up Cameron Ruffles) (SENSEI JENNIFER) (SENSEI DAINA)	17
18	19	20 GREEN & BLUE BELTS 7:00-8:00 PM (SENSEI GARCIA)	21 REGULAR CLASS 6:30-8:00 PM (40 mins Warm up Emily McGrath) (SENSEI DOUG)	22	23 REGULAR CLASS 6:30-8:00 PM (10 mins Warm up Matthew McGrath) (SENSEI DAINA)	24
25	26	27 BROWN & SHODAN-HO BELTS 7:00-8:00 PM (SENSEI GARCIA)	28 REGULAR CLASS 6:30-8:00 PM (40 mins Warm up Ethan Medeiros) (SENSEI BRIAN)	29	30 REG. CLASS 6:30-8:00 PM (5 mins Warm up Leo Dutta) (SENSEI TOBI) (SENSEI DAINA)	31

SEIKIKAI Martial Arts, Etobicoke & Mississauga, ON

Sensei Steve Borda,
Hachidan
(8th Degree Black Belt)

OLYMPIUM:

Monday, Wednesday,
Sunday:
7:00-8:30pm

COVID KARATE 2020

When the COVID-19 lockdown hit us in March, the City of Toronto cancelled all permits for the community centers. I didn't think that the government would actually shut down so much of our economy for so long, so initially, I just waited for things to get back on track. After about a month and a half nothing seemed to be happening, so we decided to start online sessions using the Zoom platform. We ran online classes during our normal time slots on Sunday, Wednesday, and Friday nights. There was a bit of a learning curve, as teaching online has its own restrictions, but I think we succeeded in getting most of our students engaged in training.

As the province moved into Stage 3 of the restrictions, we started doing outdoor classes, using social distancing and masks. We also held black belt classes monthly at my farm. While we are still limited in what we can do, I find the in-person classes more informative than the online classes. It may be a while yet before we can do sparring and partner drills; and, as not all members were comfortable with in person classes, we decided to keep the online classes proceeding in parallel with the in-person classes.

The City of Toronto has now renewed our permit, so beginning in October we are back inside the Olympium. As members enter the Olympium, the staff are performing contact tracing every time someone enters. At the moment spectators are not allowed. Inside the training area in the Olympium there are six feet by six feet squares marked off with tape. Each square is six feet from any adjacent square. We are utilizing these squares to enable us to maintain social distancing.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



SEIKIKAI Martial Arts,
Etobicoke & Mississauga,
ON

The wearing of masks during class is encouraged in order to prevent the possible spread by anyone that may be asymptomatic. Hand sanitizer is being used as well.

We are keeping our training as safe as possible. We have some members a little uncomfortable with in person indoor classes, so we will still maintain our online classes at the moment.



I think the best thing to take away from this situation is to “Never Give Up”. It doesn’t matter if you are talking about karate, another form of physical exercise, school, work, or sparring with Sensei Manara. What is important is that you persevere and do your best to succeed.

Take care and stay safe,

Sensei Steve Borda

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



SEIKIKAI Martial Arts,
Etobicoke & Mississauga,
ON

Seikikai Summer Yudansha Grading

Congratulations to **Roman Voznyy** (left front) for achieving his Shodan and for **Lawrence Xavier** (right front) for achieving his Nidan. We are fortunate that both Roman and Lawrence had family members in the club so they could perform the full range of our curriculum for the test. Because they had family members, they were able to demonstrate their sparring and takedown skills. Great work done by all!



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Yudansha members recently promoted:

In Edmonton, Andre's Budo Centre, to Shodan - **Guilherme Mesquita, Romulo Mesquita, Christian Chenard**

In Etobicoke, Seikikai Karate, to Shodan - **Roman Voznyy**; and to Nidan - **Lawrence Xavier**

**As a precaution regarding COVID-19
the Fall Wado-Kai Tournament in Thornhill Ontario
is CANCELLED**

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Daina Als	EDMONTON Club – Randy James
André's Budo Centre (Edmonton) – André Beauregard	OSHAWA-WHITBY – José-Carlos Garcia
BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston	RYERSON (Toronto) – Leaton Bernard
BEAUBASSIN (Halifax) – Dan Duggan	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
BROOKLIN-WHITBY – Mark Illy	THORNHILL – Biller Ching & Dave Manara
CALGARY – Steve Henrich	YUDANSHA HOMBU (Thornhill) – Dave Manara
CLARINGTON – Robin Singh	

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.