

APRIL 2021

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INTRODUCTION

Happy Spring, everyone!

I asked the Club Heads and Communications Officers for input for this issue. We want to keep the communication flowing. Everyone is welcome to submit TWKK-related articles and ideas for our newsletter. We have a couple of submissions by sensei Steve Borda, 8th Dan and Ed Young, 6th Dan; and some News from Clubs.

As in the last issue, we have provided some feedback received from two surveys, about the virtual Yudansha classes held this year, for your reading enjoyment.

In the 2011 October issue of FOCUS, we celebrated 40 years since the beginning of the Ryerson dojo, the original head club of the TWKK organisation. This year marks **50 years since the TWKK Club came into being**, and Sensei **Leaton Bernard** suggested a reprise of that 2011 article for this issue.

In all the years of editing FOCUS, I never imagined having articles and discussions about a pandemic. This is a new one for me, and certainly is something that is affecting every single one of us. Please, follow the rules, as annoying as they may seem. We are experiencing the Third Wave because people have let their guard down. Only you can be responsible; you cannot rely on others, even in your workplace. Get your vaccination as soon as you can so we won't have to train as depicted in the picture below.

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



Picture Source: Semaphore

TORONTO WADO-KAI KARATE CLUB LTD.

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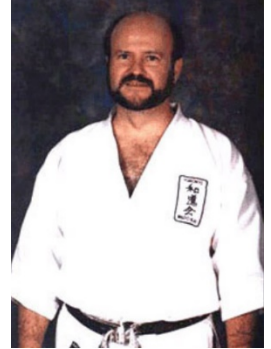
MESSAGE FROM SENSEI DAVE MANARA 9th Dan

I would once again like to thank the Club Heads and volunteers who are working so hard to keep the TWKK community together by constant communication, virtual classes and general encouragement to assist everyone. Your continued support is greatly appreciated by all.

I continue to encourage everyone to follow your local Public Health Authority's guidelines in order to stay healthy and to keep family, friends and the public safe!

Marilyn and I have had our first vaccinations. I believe this is very important for everyone to do and encourage you to be vaccinated as soon as you are able.

I do not know how long we will be faced with restrictions to returning to the dojos, but I suspect it will be the end of 2021 before we see our dojos fully opened again. The future norm for our karate classes is likely to require continued restrictions for returning to the dojo, so we all must be prepared for changes in order to keep everyone safe.



October Marks 50 Years Since the Toronto Wado-Kai Ryerson Club Began

By **Sensei Leaton Bernard**, 6th Dan (Ryerson dojo)

On behalf of the Ryerson Karate Dojo, I send warm Spring greetings to all my Toronto Wado-Kai colleagues and their families. Stay safe and follow COVID-19 protocols as we can continue our training in our Toronto Wado-Kai organization.

I want to say 'Thanks' to our fearless leader **Sensei Manara**, and **Sensei Garcia** and **Sensei Borda** who continue to lead the organization and the Yudansha classes, which are indeed a symbol of our resilience in these unprecedented times.

In this FOCUS issue, I reflect on an article from the October 2011 issue that marked our 40th Anniversary of the Toronto Wado-Kai Karate Club Ltd. The former, then current Ryerson President, **Sheldon Levy**, accepted my invitation to personally to congratulate Sensei Manara on this astounding and honourable achievement. Several of our members paid tribute in attendance, and countless others who could not attend, sent their congratulations.

Enjoy the trip down memory lane...

The 40th (now 50th) Anniversary of the Toronto Wado-Kai Karate Club Ltd.

[Reprise from October 2011 FOCUS]

The 40th Anniversary of the Toronto Wado-Kai Karate Club Ltd. at Ryerson [was] an occasion to celebrate. When one thinks of the martial arts certain words come to mind such as tradition, history, culture, and community. These are words that portray the 40 years of the Ryerson Karate Club, which grew from its humble beginnings as a university club in 1971. Sensei Dave Manara, 9th degree black belt (Kudan), president and chief instructor of the organization, began the Ryerson karate club at the age of 19 as a Ryerson student and held the black belt rank of 2nd degree (Nidan).

Sensei Dave Manara began teaching in 1969. Prior to the formation of the Ryerson Karate Club, [Sensei] had already been a strong, winning competitor at many martial arts open tournaments in Canada and the United States. Over the years he brought prestige to the Ryerson Karate Club, such as in 1973 he received a Sports Canada Award, the highest recognition in amateur sport; and represented Canada in a training and competitive tour of Japan.

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Sensei Manara has been called upon by the Supreme Court to provide expert testimony on martial arts; and he has served as CTV's "Wide World of Sport" head official for karate tournaments. In recognition of his long-standing support of the Ryerson program, in 2001 Sensei Dave Manara was one of the first ten inductees to the newly established Ryerson Sports Hall of Fame. His rank of Kudan is recognized worldwide; i.e., W.U.K.O. (World Union Karate-doh Organization).

These are aspects that reflect the quality of the leadership and valuable source of training that all the Ryerson students have been exposed to for 40 years. Many Ryerson alumni including graduates and past students have passed through the karate club to become leaders in their respective professions. If asked, many will tell you that much of their leadership development came from their training at the Ryerson Karate Club. Training in the martial arts is an excellent and fun way to exercise while attaining mental discipline; and training to the black belt level provides first-hand experience in leadership development, building self-assurance, and learning practical skills in leading others.



The Ryerson Karate Club spawned affiliate Toronto Wado-Kai Karate Clubs across Canada, coast to coast, and around the world including the Caribbean and U.K. These all are a result of the leaders trained at Ryerson who went on to open their own dojos and, following the traditions learned at Ryerson, trained others who went on to do the same. While Sensei Manara continues to lead his organization from the Toronto clubs in Thornhill and Unionville, his senior students have carried on the traditions of his teachings and excellent training philosophy for the Ryerson community.

In 2006, Sensei Manara first turned over the leadership of the Ryerson club to his senior students. Sensei Leaton Bernard 5th degree black belt (Godan) subsequently succeeded Sensei Michael McCarthy 6th degree black belt (Rokudan), and was named Head Instructor for the Ryerson Karate Club in 2010. Under the excellent leadership of these fine instructors, the Ryerson club continues to train hundreds of students year after year, and to participate in the Toronto Wado-Kai Karate Club tournaments, and the annual Training Camps (the 38th annual Camp was held this past



June at Wasaga Beach). There are also special Martial Arts clinics and seminars. One of which being the memorable and rewarding trip in Feb 2010 to Grand Bahamas for fellowship and training with our resident dojo members! Imagine mixing in a vacation with workouts and demonstrations both inside the dojo, and on the large beaches!

Over the years, thousands of students have been trained at the Toronto Wado-Kai Karate Clubs with more than 500 trained to the black belt level.

In the 2011 pictures: Our leader Sensei Manara with Sensei Leaton Bernard; and the Ryerson President, Sheldon Levy, who came out to congratulate Sensei.

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Virtual Yudansha Classes Continue to be a Hit !!!

Sensei **José-Carlos Garcia** and **Steve Borda** have now held virtual Yudansha classes in November, January and March (there were 30 participants in the March 23rd class). Another class is planned for May, and the first Senior Dan Yudansha is planned for this month (date still pending at time of this issue).

In the January issue we shared feedback from a survey of the first virtual Yudansha in November, which indicated the appreciation of the students for the efforts being made to have these virtual classes. The surveys aren't just to solicit feedback on how the class(es) went, but also to get Yudansha members' thoughts on having these classes and what could work better, especially if you are not able to attend, but wish to. Since the surveys are sent out to all Yudansha members, we'd appreciate your feedback on the topic(s), whether you attended or not.

Another survey was sent out following the January 26th class, and again last month, following the March 23rd class; we had 43 respondents from the former and 23 respondents from the latter class. Feedback from the dojos in Alberta indicates that the timing is an issue on a weekday, since work hours for some interfere with the early start time for the Mountain Time zone.

The survey comments are always rewarding to read for the organisers, and we've shared some of them once again, on pages 8 to 11. (We're sure everyone is bored being locked in so much, so we hope this is an entertaining time-waster).

NEWS FROM CLUBS

BAHAMAS/ CARIBBEAN AIKIWA Karate Do / Kubudoh Association

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

In the wake of our February 23rd public schools official reopening (Hybrid/face-to-face), we share the following with TWKK.

Registrations for Easter School semester/pre-summer programs (2021) and Bahamas Wado-Kai Karate Youth Training and Development Programs are now in-progress (began Monday, March 1st, 2021).

All sponsored Wado-Kai Karate programs in our communities are to follow Ministry of Education Science and Technology (MoETS) published school schedules.



Karate training programs (the venues are no longer free-of-charge) are scheduled for YMCA playing field (Y-Membership required), Freeport Primary playing field, Freeport Rugby Club playing field (special charges for Community Centre Programs Registrants to be considered).

Schedules of Karate Programs:

Saturdays - 9-10am, YMCA field; 10-11am, Freeport Rugby Club field

Sundays - 2-4pm Freeport Primary playing field

Schedules for Academic (Tutorials) programs - (stipend required – no longer free-of-charge)

Community Centres – Tuesdays/Thursdays (further details pending)

Note: For gis distribution for needy registrants, contributions to be accepted from recipients.

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Bahamas Caribbean Aikiwa Karate Clubs, Grand Bahama, Bahamas

Assessment of equipment needs and associated funds/donations (Shindos, Bos, staffs, bokkens, nunchakus, Sais, tonfas) to be based on certified (paid-up) registrations.

Further note: For the first time in the history of the program offerings, a stipend will be sought from all registrants to help to defray the increasing costs imposed upon Wado-Kai karate in continuing to offer these programs throughout our local communities.

SEIKIKAI Martial Arts, Etobicoke ON

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

It's been about a year since the pandemic started. Classes have been shut down, partially restarted, then shut down again. Fortunately, we moved online and have been doing Zoom classes. This allows our karate-ka to stay engaged in their training. While it is not the best solution, we can maintain our skill levels much better than not doing anything at all.

The one great thing that has happened is the virtual Yudansha. It allows the black belts to gather for training in such a way that we have never been able to do before due to distance constraints. While over the years there has been some contact with clubs operating at a distance from the Greater Toronto Area (GTA), we have never had the opportunity of regular contact that we can maintain with Zoom classes. I have also found that students may find it too rushed to come out to an in-person class, but may attend a Zoom class, as they don't have to travel. This gets people more engaged. I think the online aspect of our training is here to stay, even when we get back to a more normal situation.

Last October and November we were allowed to have limited indoor classes, but we also set up to stream our in-person classes online. This allowed us to give our students as much training time as we could.

Seikikai has been operating three online karate classes per week. After each class we also hold a half hour black belt class. Our Monday night online kobudo class is doing well, as is our advanced kobudo class held on Sunday night, after our karate class. Anyone interested in trying our classes should contact me at steve.borda@seikikai.ca.

We will be starting outdoor classes hopefully beginning in May, weather permitting of course. I'm looking forward to getting back inside for the fall classes, but that depends entirely on our Public Health Guidelines.

Take care and stay safe!



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<p>CLARINGTON Karate Club, Courtice, ON</p> <p>Sensei Robin Singh, Sandan (3rd Degree Black Belt)</p>	<p>No activity from Clarington Wado-Kai at present. We continue to await the opening of the South Courtice Arena (GYM) where we train, but no word as yet when that will happen.</p> <p>Will keep you posted as I receive news.</p> <p>Keep well and Stay safe!</p>
<p>ANDRE'S BUDO CENTRE, Edmonton AB</p> <p>Sensei André Beaugard Rokudan (6th Degree Black Belt)</p>	<p>My karate club in Edmonton is still operating 99% on Zoom, Monday through Saturday, and the odd one-on-one in-class training. Besides that, nothing else to report. We are all in good health and that's what matters.</p>
<p>OSHAWA-WHITBY Karate Club, Oshawa ON</p> <p>Sensei José-Carlos Garcia Hachidan (8th Degree Black Belt)</p> <p>C.O. Theresa Virgin, 1st Kyu (Brown Belt)</p>	<p>The weather is getting great and we are all able to at least get outdoors for some much-needed fresh air.</p> <p>Sensei Carlos is now a grandfather. His grandson, Levi, is a growing concern and will soon have his own Gi for practicing.</p> <p>We are still hosting "Zoom" classes as follows:</p> <ul style="list-style-type: none"> • Beginners class on Tuesdays (6:00-7:00pm) • Belts level classes on Tuesdays (7:00-8:00pm) • Regular classes Wednesdays and Fridays (6:30-8:00pm) <p>For more information, contact "grandpa" Sensei J-Carlos Garcia at jc_garcia72@hotmail.com or call 647-906-9515.</p>

Who is an expert at using their
teeth to break karate boards?



A Black Belt Beaver!!!!

That's it for this issue. Stay safe and follow all the protocols and we will get through this.

OUR CONDOLENCES

Our condolences to Sensei **Marion Dimand**, Sensei **Chester Buczek** and Marion's sister-in-law **Sharon** and family. Marion's brother, **Dave Dimand**, passed away at Southlake Regional Health Centre on Thursday, March 4, 2021 at the age of 64, after being diagnosed with a very aggressive pancreatic cancer only two weeks before.



Nudging Changes

By Ed Young, 6th Dan

It's nice to find assistance for your lifestyle. For myself, it was a nutritionist, leading to regular small changes in my dinner and snack habits. My dietician introduced me to a term I hadn't heard before: "nutritional nudging". When you make your own changes, the people you live with will very likely start slowly absorbing some of your lifestyle changes.

Maybe there is also the possibility of 'emotional nudging'. For example, this would transpire when I was working in security. When called upon to remove someone from the building or to calm someone down, I would 'nudge' them. What they happened to be shouting at me was what was their truth, for them, at that moment. When dealing with potentially violent or hostile people, you must remain calm. They often will start to absorb the calmness themselves.

Listen, also, to your own conscious conclusions, what your thoughts go to. Your karate training will come into play when you recognize it is needed. Until then, the calming effect of your nudging may be self-defense.



The Karate Gi

By Steve Borda, 8th Dan

Just about everyone that sees a karate class is expecting to see students wearing a karate gi. The first gi was introduced by Jigoro Kano, the founder of Judo in Japan. The gi was based on the style of a kimono. The judo gi is made of a heavier material with heavy duty lapels to aid in throwing and grappling. The belt system was very basic back then as well, and was eventually developed more for delineating experience levels for competitions.



Karate borrowed both the gi and belt systems from Judo, but as Karate specializes in being a striking art, it does not require as heavy duty a gi as Judo. The gi was generally unbleached cotton, but has progress to becoming a bleached white cotton. More recently, various martial arts and organizations use black or coloured gis.

The Japanese culture has a concept of "do", (pronounced 'doe') loosely translated as "the way". Even Wado means the "way of harmony". It is a method of striving for perfection in all aspects of the art. Part of this is to pay attention so that when you come into class you should just focus on your training and ignore any outside influences. This even pertains to the karate gi. The gi is supposed to be worn without any ornamentation, and should be the only apparel worn during training.

When you enter the dojo, you should remove your individuality such that once you enter the dojo you are only a karate-ka (a student). It does not matter who you are outside the dojo, what counts during your training is who you are inside the dojo. The only ornamentation you wear is your belt, which is earned through your training. We also see this concept with Mokuso. At the start of class, you clear your mind of outside issues and concerns, so you may focus on your training. At the end of class, you again clear your mind to be able to reenter the outside world; hopefully, more relaxed and prepared.

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Yudansha Survey Feedback

From March 23rd

'I enjoy being able to see many members from the other clubs that make up our organization. I like the different perspectives that the individual sensei bring to teaching, and I like knowing that the kata and movements I practice are also done by others. As someone far away from the main groups, it would be nice to have more of these, and on alternate days and times, in order to stay connected. I know that this is difficult, as most of us volunteer time to teach and study, but would nonetheless be a great resource to have.'

'It was a great class. I appreciated the detail explained for Bai Sai Dai - it was a great refresher lesson. Please also continue with the shindo as I find it helps develop hip and provides some variations to our training. A review of Kushanku would be appreciated in a future class.'

'I appreciate the review of Shindo Jion Kata.'

'Greetings from Edmonton. Hope everyone is healthy out your way. Interested in attending but start time a bit too early given work days often ending at 7:30 pm ET (5:30 pm MT) or later. Hopefully May through the summer will be less busy ☺. Thanks for continuing to hold these classes. Even just hearing about them is great. Be well.'

'The breakout rooms were an effective way to divide the class and cover more material in smaller groups. It allows for discussion within groups which is beneficial to catch and [ask] questions and talk through different ways of thinking. For future classes, we could look at techniques to get up from the ground if you've been taken down. A class working with bokens would also be interesting. The warmup was a nice change to our normal and focused our stretching.'

'Well done class! I look forward to the next one!'

'Another great class guys. Thanks for all the work. Splitting off into groups is a good way to cover topics for different levels or different areas of interest to people. The aikido was good as "something different". Reviewing the kata and showing applications is always going to be appreciated by everyone. Showing the Shindo version on the kata is also something, I think, many students are interested in. Thanks for doing this, guys, looking forward to the next one.'

'I like the class on Tuesday. It was fun, I got to work on a Kata. It helped me because that was the Kata I practice the least out of my 2 Katas for my belt. I got lots of things clarified. I learned that I was doing some moves wrong so it was really helpful. Thank you.'

'I enjoyed the class. Working on our Shodan-Ho katas with Sensei Larry was very useful.'

'First, I really enjoyed the warm up. It was different, I liked it. But after that, it was too passive for my taste. I am not sure if I want to be there in May? I have to say that I have been disappointed about last Tuesday's class. The first part, we watched a video about a self-defense move that we could not even practice anyway. Did not see the point of why. Second part, we practiced a kata that many of them knew much better than me, and I felt I did not belong. Sorry to say that but, was not very productive for me. Not like the time before.'

'I would like to spend some time working on all the black belt katas including the fundamentals of proper techniques.'

'The smaller break out rooms work great!'



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'Thanks for your ongoing efforts to keep our karate organization together and training. The virtual classes have been great. Please keep them active, interactive, and flowing. We do want to ensure everyone understands what is being taught --- please keep it active with more movement than dialogue.'

'I'm enjoying the Yudansha classes, the format is good and the break out rooms are valuable opportunities to learn. Unfortunately, I can't attend the April Yudansha as all of my weekends are spoken for. I teach on Tuesdays and give up a teaching time to attend with my students our national Yudansha sessions.'

'Would love more Shindo kata and drills, also kihon kumite. Osu!'

From January 26th

Survey's	Rank
5	No-Rank
6	Shodan-Ho
7	1 st Dan
7	2 nd Dan
7	3 rd Dan
3	4 th Dan
2	5 th Dan
4	6 th Dan
2	7 th Dan

'Great class Sensei! I really enjoyed the Shindo portion of the class.'

'If this is about what we liked or dislike about the last class, here's what I have to say. I very [much] liked the combination at the beginning, I liked the speed but would have like to spend more time on it. Liked the kata we did. I like the exercise we did with the shindo; it was fun. Next time, we should have a rule that anyone who is not talking.' 'I thought I could just view the event on my tv, turns out I needed a mic and a camera, will try to set up my laptop and connect it to my tv next time.'

'Hello, I'm presently not set up for zoom workouts. But remain disciplined in my home workouts. Re: your questions for any comments (attending workshops or not): Whoever teaches, teach your favourite things. An audience can feel that and feed off that energy rather than a text you believe you should be teaching. What you love!

Please keep a written record of each thing taught, this is good for variety for the next class. You can quickly orally review the previous work for retention without repeating previous work. Don't be afraid to make it a workout and not just technical. Leave a short part of your class to show applications including how to modify it for street defense. I often mention with kicks remember you'll have shoes on not bare feet. It is nice to teach and remember you can't please everyone when you teach; some things will be appealing, some not! As it should be. This will always be true. Thank you so much for this organization, and the quality people in it.'

'I do not have a camera nor mic on my desk top computer, but I did enjoy the Shindo stick session. Good job.'

'First two online Yudansha sessions were well done ! Compliments to Sensei Steve and Sensei Carlos for a job well done!!'

'The first two Yudansha Zoom classes went very well and I appreciate time and effort put into them by the senior instructors. Discussing and explaining the primary and supplemental bunkai for the kata is an excellent review and I hope this can continue in future classes. I would like to see more shindo incorporated into the classes.'

'I enjoyed both Zoom Yudansha classes. The recent one was much better technically. Thank you, Sensei Carlos and Sensei Steve. The content was very well done considering the limitations imposed by being online and at home alone! I did find that Larry's voice volume was too low when away from his computer.'

'I cannot attend the Yudansha because the Yudansha classes are usually during the week and I have a full karate teaching schedule from Monday through Friday from 5:00 pm to 9:00 pm, and Saturday, from 9:00 am to 4:00 pm. I can usually be more flexible with the Saturday afternoon classes. However, I encourage my Shodan-ho and Yudansha students to attend if time permit.'

'I enjoyed the class and look forward to participating in future Yudansa classes.'

'I've attended hundreds of Yudansha classes and dozens of camps over the years and not one has been recorded. Why would we want to record a class now? What is the purpose? Who would keep it? Who would see it? I'm saying NO to recording unless there is a really good reason.'

'I like the class on the 26th. I enjoyed doing the take downs. I never saw them before so I thought it was cool to learn some new ones. Is the recording going to be posted to YouTube or anything like that? Thank you.'

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'Very good classes! Will be better when we can physically enter the dojos again!

'1. At the beginning I had trouble following so many patterns. Perhaps fewer patterns and more repetition? This old brain doesn't absorb too much! 2. I loved the use of the shoes in indicating the opponent for sparring. It helped with my visual. 3. Bunkai for jihon was very thorough! Thank you! 4. Having a class outline would be beneficial (not negative - do you really think people wouldn't attend because they think it's beneath them?) I would appreciate at least mentioning which katas will be worked on to ensure I have reviewed the katas and am prepared to work on the nuances of the katas. 5. I've done very little shindo work so would love to have a LOT of review with that.'

'I'm enjoying the sessions, thanks Sensei Carlos and Steve for facilitating. I will admit my BAI SAI DAI is rusty!! Could you send a video of the Shindo kata we did this past session....thanks.'

'I have been shown Kushanku but not comfortable enough to say I know it.'

'Working on Bai Sai Dai but can't say I "know" it. Have run through Wanshu, Jiin and Jite a handful of times. Unable to attend classes at 7:00 ET unfortunately due to work schedule and time difference with Alberta. Love that this is happening though for those who can attend. Thank you.' 'I would find it very helpful during the virtual class if the direction to move and which arm/leg to use would be indicated. For example - turn left, block with left arm & kick with the right leg, turn clockwise to face rear, block right arm & kick with left, turn counterclockwise to face forward.... etc. Thank you for doing this class.'

'Great class ! Visual aids used very useful. Perhaps whoever is leading wear a wireless microphone/ ear piece.'

'Please have everyone muted even one extra microphone on gives feedback making it hard to hear. It was great to see the moves from the side and back. Sometimes it hard not to mirror the instructor when only seen from the front. Great classes thanks to all the instructors for their hard work!'

'The class was well run, and transitioned well between sections. Sound varied between speakers which is the technology and often out of our control. A quick tech check before the class would be helpful to try and get consistent volume across instructors. Very creative adaptations by Sensei Steve to mimic a partner for take downs. We should consider working both sides for take downs and sparring drills for balance. Thank you to sensei Carlos, Steve and Larry for a great class.'

'Overall well done. I liked the usage of the 'two touch pass' to close the distance for the throw(s) that Sensei Borda demonstrated. Would like to see more throws and unconventional/'atypical' Karate in the future that tie into concepts such as framing, clinching, joint-locks and grappling.'

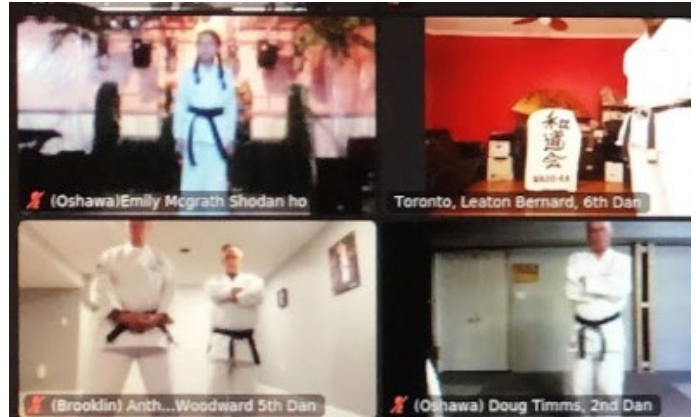
'Working on a space to work out so that I can participate.'

'Jiin and Jite are rough. I have been through them many times, but not for a while.'

'It's always good to review the katas.'

'Our Yudansha is a great forum for practice, sharing of best practices and refinement! My new endeavour in our family business has kept me away due to time constraints and an adequate place to practice during the virtual meets. I really miss being in class live! Best to ALL!'

'Looking forward to the results of the survey. Also, it would be great if the Katas were video recorded so that others could view them and use them to practice them.'



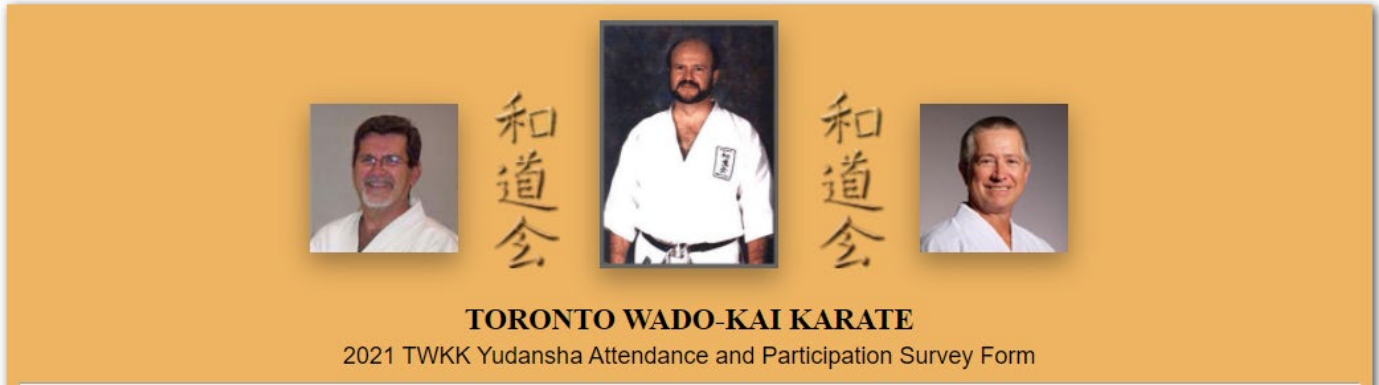
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'Another well executed virtual Yudansha with good variety. The shindo drills were a rewarding addition and refresher. Thanks, and respect to our senior instructors and for those who attended so we could have such a significant participation. I appreciate our Wado-Kai family staying together and training together. Please stay safe and vigilant with your health.'

Help us to help you! When the TWKK Surveys are sent out, please participate. We cannot make changes without you.



TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS	
AJAX-PICKERING – Daina Als ANDRÉ’S BUDO CENTRE (Edmonton) – André Beauregard BAHAMAS/CARIBBEAN AIKIWA – Freeman Thurston BEAUBASSIN (Halifax) – Dan Duggan BROOKLIN-WHITBY – Mark Illy CALGARY – Steve Henrich CLARINGTON – Robin Singh	EDMONTON – Randy James OSHAWA-WHITBY – José-Carlos Garcia RYERSON (Toronto) – Leaton Bernard SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda THORNHILL – Biller Ching & Dave Manara YUDANSHA HOMBURU (Thornhill) – Dave Manara
TORONTO WADO-KAI SENIOR DAN COUNCIL	
Kudan <small>(9th Degree Black Belt)</small>	Dave Manara
Hachidan <small>(8th Degree Black Belt)</small>	Steve Borda, José-Carlos Garcia
Shichidan <small>(7th Degree Black Belt)</small>	Randy James, Ray Kennedy, Larry O’Grady, Ron Sheyan, Freeman Thurston
Rokudan <small>(6th Degree Black Belt)</small>	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Steve Henrich, Tony Marziliano, Michael McCarthy, Ed Young
Godan <small>(5th Degree Black Belt)</small>	Eric Bergman, Ken Buck, Heather Cant-Woodward, Joel Cohen, James Darker, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward
Yodan <small>(4th Degree Black Belt)</small>	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

> FOCUS <

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