

APRIL 2022

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(9th Degree Black Belt)

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(8th Degree Black Belt)

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(7th Degree Black Belt)

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Ron Sheyan, Shichidan
(7th Degree Black Belt)

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(6th Degree Black Belt)

AMBASSADORS:

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

INTRODUCTION

Its Spring!

In Southern Ontario, at least, it is spring. It can still get warmer, but the snow is gone from the ground, (although we're still getting the odd flurry now and then); but, generally, the day-time temperatures are mostly above zero Celsius. (You can tell I'm a real Canadian, when the lead line is about the weather).

The Ontario Government has lifted the COVID restrictions going into April, just as we seem to be entering the 6th 'wave' following the school March Break. (I'm still wearing a mask going into busy stores, but I've reduced the mask-use a little bit in non-busy locations. Monica and I are still being cautious mostly, because many people aren't).

Sensei Manara is considering opening the Main Yudansha soon, but there will likely be some restrictions to begin with, such as a limited number of attendees based on the dojo space available. Yudansha members should watch for an opinion survey coming out soon.

I expect by the next issue we will hear of more dojos opening up and there will be more news to share. I am sure everyone is 'chomping at the bit' to get back to full training in a dojo.

There is some news from Edmonton and Oshawa, and the Brooklin Wado-Kai celebrated Sensei **Ron Sheyan's** 40 years in karate.

Sensei **Larry O'Grady** arranged CPR training for the Seikikai Club, that has been holding in-person classes within the restrictions allowed.

I miss the good old days when we would be reminding everyone of the Training Camp in Wasaga at this time of year. We will keep you posted if Sensei **Steve Borda** plans a Training Camp at his farm again this summer.

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



April FOCUS 2012 Quote:
I think karate chose me!

TORONTO WADO-KAI KARATE CLUB LTD.

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



Virtual Yudansha Classes Continue

The January 26th and the March 28th virtual Yudansha classes each had 21 participants.

While the restrictions by the Province of Ontario have been lifted, decisions are still being made in localities regarding the comfort level of participating fully in the dojos. The virtual Yudansha classes will continue for now.

The time is coming when the Main Yudansha classes will once again be held in the Thornhill dojo. We will be sending out a survey later this month to the GTA Yudansha members to ascertain the interest and who is likely to attend an in-person Yudansha class in June. This class would likely need to be restricted in the number of attendees.

Seikikai's First Aid & CPR Course at the Etobicoke Olympium



On February 6th, Seikikai Martial Arts hosted a Red Cross First Aid and CPR course at the Etobicoke Olympium. It was a blended course, where the participants had to complete 5 hours of online work at home prior to the in-person portion of the class. The in-person portion went from 8:30 am to late Sunday afternoon.

With the completion of this course, we now have all the active Seikikai black belts certified in first aid and CPR. In addition to our Seikikai black belts, we had two of our Kyu belts take the course. Also attending were Mrs. **Cyndy O'Grady**, Sensei **Michael McCarthy** and **Eddie Hobart** (Natsuoka Dojo) and Sensei **Nic Mills** (Sendokan Aikido Dojo). Sensei Nic was my second Aikido instructor.

Back row (L to R): **Ryan Zannier, Nic Mills, Peter Gendi** (Course Instructor), **Robert Korgol, Maksym Voznyy, John Lobo, Larry O'Grady, Cyndy O'Grady**
Front Row (L to R): **Michael McCarthy, Ryan Ruskay, Eddie Hobart, David Zvekic, Lenore Eng**

Kudos to all who attended the course. "Seiki" means "true spirit" and I think the attendees showed great community spirit in taking the course. They gave up their personal time to get first aid and CPR certification to enhance the safety of our classes as well as the community in general.

Many thanks to Instructor **Peter Gendi** for a great presentation. Also, thanks to Sensei **Larry O'Grady** who took the lead in getting this course arranged for us. < **Sensei Steve Borda** 8th Dan

Thank you _____ Seikikai Martial Arts _____
 for your commitment to workplace health and safety by training your employees in Canadian Red Cross First Aid & CPR.



Proudly delivered in _____ City of Toronto _____

Instructor: Peter Gendi
 Company: MedicAid
 416.930.4003
 Instagram: @medicaidcanada
 www.medicaidcanada.com





NEWS FROM CLUBS

ANDRE'S BUDO CENTRE, Edmonton AB

Sensei André Beauregard Rokudan
(6th Degree Black Belt)

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

Now that the most COVID restrictions have been lifted, things are slowly going back to normal. After a two-year break due to COVID restrictions, the karate after-school programs will start again in April. Finally! So, it's time to rebuild.

We still have karate virtual karate classes on Zoom, every Monday and Wednesday at 7:30 pm (Edmonton time). Karate at the dojo has been going on for a while now. We used to be at 50%, now we are back to normal.

We still ask the students to wear a mask, sanitize their hands, etc. Once a month, we invite our blue belts to a Yudansha belts seminar at the dojo.

OSHAWA-WHITBY Karate Club, Oshawa ON

Sensei José-Carlos Garcia Hachidan
(8th 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

Hope all of you are shedding the winter/COVID blues and heading for a more pleasant spring. We are waiting to hear from the YWCA to give us the go ahead to start regular in-person classes. Other than that, we continue running the Virtual classes twice a week and hosting the TWKK Yudansha classes every two months.



Our most sincere congratulations to **Doug Timms** for achieving his 3rd Dan. Way to go Doug!!!!

HAPPY EASTER to all our KARATE-KA, from your friends at Oshawa Wado-Kai.

“Fall seven times, stand up eight” – **Japanese Proverb**



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BROOKLIN Wado-Kai Karate Club, Brooklin, ON

Sensei Mark Illy, Nidan
(2nd Degree Black Belt)

MONDAY AND THURSDAY:
7:00 – 8:30PM

In March, Sensei **Ron Sheyan** celebrated his 40th Anniversary training in karate! We had a celebration at the dojo. Sensei Manara was unable to attend, but sent this message:

“Congratulations Ron on your 40th anniversary in karate. Your leadership and guidance serving your students and fellow Yudansha members are very much appreciated. Thank you for helping build the TWKK organization and serving as one of my most trusted advisors. Ron, I wish you more future success both in karate and your personal endeavors. Thanks again for all you have done and achieved.” > Sensei **Dave Manara**

It has been 12 years since I had the fortunate opportunity to meet Sensei Ron Sheyan who has grown to become my Sensei, my mentor, and my friend. The positive affect that you have had on so many people is a testimony to the type of person that you are, and to the dedication you have to karate and your students.

Your knowledge, energy and guidance has been invaluable in my growth as a person and a student of karate. Most recently, your advice to me, during the time since I have assumed the mantle of club head, has been critical to BWKK’s continued success. Thank you so much, and congratulations on this fantastic milestone. > Sensei **Mark Illy**

Here are some messages shared by Sensei Ron’s students:

Anthony and Heather Woodward: Congratulations, Sensei Ron, on your 40th year in Wado-Kai Karate!

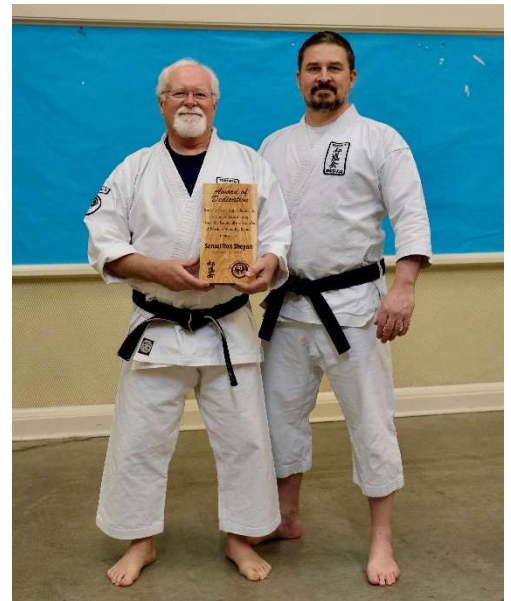
Sensei Ron has been the cornerstone of the Brooklin dojo since opening in 1999. He has always been a sought-after teacher and leader in the

Wado-Kai organization. We, along with every one of his students over the years, have benefited from Sensei Ron’s leadership and dedication to Brooklin Wado-Kai. His martial arts abilities and teaching expertise is the reason he has taught so many students, many of whom have gone on to achieve their Black Belts.

Sensei Ron has personally been a dear mentor and friend to both of us throughout our lives, and continues to be each day. Congratulations and thank you, Sensei Ron, for your forty years of unwavering support and dedication to your students, martial arts, and Wado-Kai Karate!

Sensei Eric C.: In the twenty years that I have been in class, it never ceases to amaze me just how knowledgeable Sensei Ron is. I would like to say ‘Many Thanks’ for everything he has taught me. He is one of the nicest persons I have ever met. He leads by example and has always treated me with respect and dignity. I feel that anyone that has crossed paths with Sensei Ron, is better off for knowing him.

CONGRATULATIONS SENSEI RON ON YOUR 40th ANNIVERSARY in KARATE, AND I'M LOOKING FORWARD TO LEARNING MANY MORE YEARS WITH YOU.



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Brooklin Karate Club, Brooklin,
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Antonio Pena: Sensei Ron is an amazing person and inspiration in general. He has inspired many Karate-ka both in and out of the dojo. His skills, focus and discipline are a benchmark we all strive for.

Antos Rogalski: My mum Ella met Sensei Ron many years ago when she started training at the Wado-Kai karate club. She moved from white belt all the way to brown belt, and left the club in 2007 when she was pregnant with me. I got to practice karate while I was in the womb ☺. In 2017, when I was 9 years old, my mum momentarily came back to the club bringing me with her. I was then fortunate to meet the head of the club, Sensei Ron. Sensei Ron was a wonderful instructor when teaching me all the procedures of the club and he helped me advance from belt to belt through his wonderful classes and tips on improvement. He has always helped me when I misunderstood any procedure or drill within karate and he is a great helper with curriculum understanding as well. I am also able to attend classes on Thursdays because of Sensei Ron. Both my parents are busy on the day, and Sensei Ron is kind and drives me to karate classes. I enjoy the time getting to know Sensei Ron and listening to his favorite AM radio station, 60's Gold. I appreciate all Sensei Ron has done for me. I could not be here today without Sensei Ron, in the sense of karate skill, and in the literal sense.

Thank You, Sensei Ron! ☺

Ella Rogalska: Like Antos, I'm honored to be a student of Sensei Ron. He always made me feel welcomed when I returned to the Brooklin Wado-Kai. In reflecting on the many years of being his student, what stands out is the spirit of his teaching, the spirit of his dojo, and the spirit of the karate community that he created; above all, that he is a compassionate and a beautiful human being. I'm happy for Antos to have the opportunity to be trained by Sensei Ron as well. May the spirit be with you Sensei Ron for many more years. ☺



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Here are some statistics we would like to share about Sensei Ron. (He is so humble; we know this will embarrass him) ☺.



- Began training at Durham College's Fitness Centre – January 1982 – under the guidance of Sensei Jose Garcia
- Attained Black Belt in 1986
- Awarded 7th Degree Black Belt in 2017

Teaching Experience:

- 1986 – 1997: Instructed the Children's Class at Durham College
- 1997 – 1999: Served in the roll as "Ambassador" for Toronto Wado-Kai Karate teaching monthly classes at the following TWKK dojos:
 - Courtice, Bowmanville, Port Perry, Ajax, Pickering
- In 1999 – 2017: Founded and ran this club (Brooklin Wado-Kai Karate) for 18 years with the assistance of Sensei Anthony and Heather
- While running the Brooklin Wado-Kai Karate Club he also:
 - ran a separate Children's class from 2009 thru 2015 with the assistance of Sensei **Fiona, Mark, Eric, Annemarie, Cindy, Alex, Andy, Steve, and Laura**
 - taught the "Intro To Karate" course for four years at Meadowcrest Public School through the Whitby Community Connections Program with the assistance of Sensei Mark and Cindy
- developed and taught a "Karate for Seniors" program for 3 years at the Whitby Senior's Centre
- continued to teach as requested at neighbouring TWKK dojos
- taught seminars at the annual TWKK training Camp in Wasaga Beach

Additional TWKK Responsibilities:

- Director: Annual Training Camp, Wasaga Beach, 1997 – 2005
- Director: Yudansha (Black Belt) Membership, 1995 – Current
- TWKK Ambassador: 1997 – Current
- Member of the Senior Dan Council: 1997 – Current
- Member of the Yudansha (Black Belt) Grading Board: 1996 – Current

TWKK Awards:

- A four-time recipient of the *Appreciation Award for Outstanding and Dedicated Service*
- A recipient of the coveted *Shintani Award for Sincerity, Humility, & Dedication*

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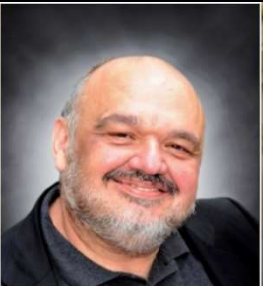
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<p>EDMONTON Karate Club, Edmonton AB</p> <p>Sensei Randy James, Shichidan (7th Degree Black Belt)</p> <p>ST. PATRICK SCHOOL and NORTH POINTE COMMUNITY CHURCH</p>	<p>We are continuing our Tuesday evening Zoom classes for the foreseeable future. We are also continuing Zoom and in-person classes on Thursday nights at Northpointe. It's great to have Bishop/Sensei Greg Bittman joining us on Zoom from B.C. and Sensei Jason Burden from South Carolina.</p>
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CONGRATULATIONS TO THE NEW BLACK BELT RANK

Congratulations to the Sensei **Doug Timms**, Oshawa-Whitby, promoted to Sandan.



OUR CONDOLENCES

Our condolences go out to Sensei **Tony Marziliano** and family. Tony's brother, Fr. **Vito Marziliano**, died on Saturday, February 12, 2022.

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS	
<p>AJAX-PICKERING – Daina Als</p> <p>André's Budo Centre (Edmonton) – André Beauregard</p> <p>BEAUBASSIN (Halifax) – Dan Duggan</p> <p>BROOKLIN-WHITBY – Mark Illy</p> <p>CALGARY – Steve Henrich</p> <p>CLARINGTON – Robin Singh</p>	<p>EDMONTON – Randy James</p> <p>OSHAWA-WHITBY – José-Carlos Garcia</p> <p>RYERSON (Toronto) – Leaton Bernard</p> <p>SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda</p> <p>THORNHILL – Biller Ching & Dave Manara</p> <p>YUDANSHA HOMBU (Thornhill) – Dave Manara</p>

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
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

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