



**JULY 2022**

**PRESIDENT:**

**Sensei Dave Manara, Kudan**  
(9<sup>th</sup> Degree Black Belt)

**VICE PRESIDENT:**

**Steve Borda, Hachidan**  
(8<sup>th</sup> Degree Black Belt)

**TECHNICAL DIRECTOR:**

**José-Carlos Garcia, Hachidan**  
(8<sup>th</sup> Degree Black Belt)

**SENIOR DIRECTOR & ADVISOR:**

**Ray Kennedy, Shichidan**  
(7<sup>th</sup> Degree Black Belt)

**COMMUNICATIONS DIRECTOR &  
FOCUS EDITOR:**

**Robb Dods, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**YUDANSHA MEMBERSHIP**

**DIRECTOR:**

**Ron Sheyan, Shichidan**  
(7<sup>th</sup> Degree Black Belt)

**SENIOR ADVISOR:**

**Michael McCarthy, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**WEBSITE DIRECTOR:**

**Leaton Bernard, Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**AMBASSADORS:**

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

**INTRODUCTION**

I hope everyone is enjoying the summer so far. Monica and I just returned from a month in Ireland and the UK. It was much cooler (and wetter in Ireland) there than the warm, drought-ish weather we returned to in Southern Ontario. We had a great trip, but it is good to be home (and warm up). As an FYI, Monica and I are fully vaccinated, and although at the Toronto airport and the two plane trips coming and going required us to wear masks, masks were not being worn in Ireland or the UK anywhere, nor on the two domestic flights we travelled on while in the UK. Things really seemed to be back to normal across the pond.

FOCUS is a little light in content this issue. Many clubs are off for the summer, and some did not get in-person classes going beforehand. Here's hoping by September we will see everyone back to the dojos in full force.

Sensei **Steve Borda** held a **TWKK Training Camp Day** on Saturday, July 16<sup>th</sup>, which was announced via email last month. The first Camp since 2019. We have pictures and information about the Camp.

The plan is for the Main Yudansha classes to commence in September. Watch of emails in August as the schedule is reviewed for the balance of the year.

It was decided to shut down the Toronto Wado-Kai Facebook page for a few reasons, including the lack of resources to maintain it, and the low activity and traffic to the site. Also, I was hosting the site from my FB account, which I was closing.

I send out a notice to the Club Heads and Communication Officers a few weeks before each issue of FOCUS is due to come out, asking for updates from the clubs or any other news or articles. All karate-ka are encouraged to submit to FOCUS. The only criterion is that the article be focused on TWKK-specific content (about your training, interesting things to share, ideas for training, maybe even questions to pose to Sensei Manara or the community at large).

We have four issues each year for January, April, July, and October. Keeping this in mind, you can send submissions for review during the month prior to each issue (or anytime, really). All content is reviewed by Sensei Manara for appropriateness for the TWKK community. If an article doesn't make it into an issue due to too much content already selected, it will be saved for a following issue. Don't be shy; submit your ideas. We'll let you know if we can use it or not, and why if it cannot be used.

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

**TORONTO WADO-KAI KARATE CLUB LTD.**

TORONTO WADO-KAI WEBSITE: [WWW.TORONTOWADOKAI.COM](http://WWW.TORONTOWADOKAI.COM) COMMUNICATIONS: [TORONTOWADOKAI@GMAIL.COM](mailto:TORONTOWADOKAI@GMAIL.COM)  
PHONE: (416) 801-7435



## TWKK Main Yudansha Classes to Commence Once Again

At the end of April, a survey was sent out to the Ontario Yudansha community to ask if people were ready for in-class Yudansha sessions. The results indicated that the majority of past attendees were willing to return to in-person classes with restrictions, such as limiting the number of attendees based on the dojo room size and wearing masks during the work out.

It was decided to not hold classes until September, so as long as there are no directives from the Ministry of Health that would negate social gathering, the Main Yudansha classes will commence then. Watch for future email(s) about when the first class will be scheduled.

## Virtual Yudansha Classes to Continue

In addition to the in-person Main Yudansha classes, the virtual Yudansha classes will also continue. This allows out-of-province karate-ka to keep current with the TWKK training.

### The schedule for the balance of the year is as follows:

Sr. Yudansha	Saturday, August 27	3:00-4:30 PM ET
Yudansha	Saturday, September 24	3:00-4:30 PM ET
Sr. Yudansha	Saturday, October 22	3:00-4:30 PM ET
Yudansha	Saturday, November 26	3:00-4:30 PM ET

## CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to **Karina Florea**, Thornhill, promoted to Shodan from Junior Shodan (Red Belt); and to **Adam M.**, Oshawa, promoted to Junior Shodan on March 25<sup>th</sup> (didn't make it into last issue).

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



## NEWS FROM CLUBS

### THORNHILL Karate Club, Thornhill ON

**Sensei Dave Manara**  
**Kudan**  
(9<sup>th</sup> Degree Black Belt)

**Sensei Biller Ching**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

**C.O. Marion Dimand**  
**Sandan**  
(3<sup>rd</sup> Degree Black Belt)

THORNHILL COMMUNITY  
CENTRE

Greetings from the Thornhill Dojo! We wish you all the best for 2022 and beyond.

We have had some promotions since we re-opened post COVID.

In April this year, **Karina** was finally able to get her black belt, 1<sup>st</sup> Dan. She had been a red belt prior to the dojo shutdown due to COVID. As shown in the photo, she is very proud of her achievement, as is the entire club!



In May this year, **Alex Smith** earned his yellow belt. Apparently, he had been training in karate on and off for a number of years, but with various interruptions, it was only this year he was able to achieve yellow belt. Needless to write, he too is very proud of his accomplishment.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



## EDMONTON Karate Club, Edmonton AB

Sensei **Randy James**,  
**Shichidan**  
(7<sup>th</sup> Degree Black Belt)

ST. PATRICK SCHOOL and  
NORTH POINTE COMMUNITY  
CHURCH

I underwent knee replacement surgery on May 16. I want to take this opportunity to thank our very capable club members for taking turns teaching while I continue my rehab to the end of June.

We tested for three Belts on June 30<sup>th</sup>, in person and via zoom, at Northpointe Edmonton.

Pictured are: furthest left; Sensei **Ed**, Sensei **Ken**, Sensei **Mike**, Sempai **Dylan** successfully tested to Shodan-Ho, Kohai **Greg** successfully tested to 2<sup>nd</sup> kyu, Kohai **Perry** successfully tested to 2<sup>nd</sup> Kyu and Sensei **Luke**.

I'm on the zoom screen with Sensei **Laurie** and Sempai **Al**. It was an excellent testing session, all candidates worthy of their new ranks.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



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

**Sensei José-Carlos Garcia  
Hachidan**  
(8<sup>th</sup> Degree Black Belt)

**C.O. Theresa Virgin,**  
1<sup>st</sup> 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

We hope everyone is enjoying their summer; we certainly are. Classes are still being held online until we get the okay from the YWCA to return.

Congratulations to **Adam M.** who was ranked to Junior Shodan (Red belt) on March 25<sup>th</sup>. Our apologies, Adam; we didn't get this announcement into the April issue of FOCUS.



We hope everyone has a safe and fun summer season.

>**Theresa Virgin**—Communications Officer





## TRAINING CAMP 2022

We're back! After a two-year hiatus due to the pandemic, we resurrected the Training Camp. Our apologies for the short notice. We were monitoring the provincial health data and decided it was suitable to go ahead with the Camp at the Borda Farm. On Saturday, July 16, we had 20 dedicated karate-ka enjoying the sun and fresh air as well as the training.



In the Session 1, we had Sensei Larry O'Grady teaching impact drills. We utilized kicking and hand pads as well as the Redman, a heavy bag and BOB (Body Opponent Bag). Sensei **Max Vozny** filled the Redman suit. We decided to get the hard work done in the first session before it got too hot. Being the Redman is like being at the head of a line attack drill for an hour. What people aren't usually aware of is that being in the Redman suit is like training in a sauna. All that padding is also good insulation and doesn't allow the wearer to cool very well. Sensei Max did a great job. BOB also was a great hit (pun intended). BOB has a little more realism than a heavy bag.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.

For Session 2, Sensei **Michael McCarthy** introduced the kata Seishan (one of the Wado versions) along with many intricate applications. It is difficult to learn a complete kata in a one hour session, but it gets the brain working and hopefully some of the applications will stick with us.



We had about a one hour break for lunch. Everyone needed some downtime to recharge for the afternoon sessions. It gave us a chance for some much wanted socializing in as well. The horses seemed to also attract some attention.

In Session 3, Sensei **Steve Borda** focused on partner drills. Taisabaki (avoidance) drills were performed as well as applications to various kata sequences.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.

For Session 4, Sensei Steve Borda introduced the Bo kata Shushi No Kon Dai. This kata is actually a Nidan kata in the Ryukyu Kobudo Hozon Shinko Kai system. Again, learning a kata in one hour is not easy, but by the end of the session it was starting to come together. We also had a number of students who were new to Kobudo training. It's always good to give the students a challenging assignment.



Thanks to all those who helped bring the Training Camp together. A special thanks also goes out to our Photographer, **Jim O'Grady** (Sensei Larry's brother), who was visiting Toronto this weekend and decided to come and see what we were doing. Also, a special thanks to **Ibraheem Youssef** who brought Starbucks coffee and treats for the participants.

Hopefully, we are back on track and are looking forward to resuming the Training Camp as an annual event. Inter-Dojo activities like the Training Camp, Tournaments, and Yudansha (black belt) classes enhance our training. When we work with different sensei and train with people from other clubs we usually end up learning more. Karate is a martial art and while we must follow the laws of physics, it is an art form and the "one size fits all" does not necessarily apply.

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.





## OUR CONDOLENCES

With sadness we share our condolences with Sensei **Heather Cant-Woodward** and Sensei **Anthony Woodward** and their family for the death of Heather's father, **Paul Cant**, on April 6, 2022.

His obituary information: [http://www.makfuneralhome.com/obituary\\_detail.php?id=2527](http://www.makfuneralhome.com/obituary_detail.php?id=2527)

Our condolences also go out to Sensei **Tony Marziliano** and family once again. Tony's mother-in-law, **Carmela Fastro** died Friday, April 22, 2022.

Her obituary information: <https://www.vesciofuneralhome.com/memorials/carmela--fastro/4912748/>

## Sensei Freeman W. Thurston, Shichidan

It was a year ago, June 13, 2021, when our TWKK community lost a Senior Council member and long-time leader and supporter of the Toronto Wado-Kai Karate Club. With all that has been globally and locally going on during the past two years, it is sad to lose track of such anniversaries. We felt we should, once more, remember Sensei Freeman, who was so instrumental in initiating the Caribbean Toronto Wado-Kai organization, the Bahamas & Caribbean AIKIWA Wado-Kai Karate. Discussing this with **Sensei Manara**, he said, "I am just missing all his calls and enthusiasm he always showed."

We all miss him, Sensei. Many of us experienced memorable events in the Bahamas over the years, and it was always great to see Sensei Freeman during his visits to Toronto and area. >Robb Dods

### TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Daina Als	EDMONTON – Randy James
André's Budo Centre (Edmonton) – André Beauregard	OSHAWA-WHITBY – José-Carlos Garcia
BAHAMAS/CARIBBEAN AIKIWA – (In Memory of 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 HOMBURU (Thornhill) – Dave Manara
CLARINGTON – Robin Singh	

### TORONTO WADO-KAI SENIOR DAN COUNCIL

<b>Kudan</b> (9 <sup>th</sup> Degree Black Belt)	Dave Manara
<b>Hachidan</b> (8 <sup>th</sup> Degree Black Belt)	Steve Borda, José-Carlos Garcia
<b>Shichidan</b> (7 <sup>th</sup> Degree Black Belt)	Randy James, Ray Kennedy, Larry O'Grady, Ron Sheyan
<b>Rokudan</b> (6 <sup>th</sup> Degree Black Belt)	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Steve Henrich, Tony Marziliano, Michael McCarthy, Ed Young
<b>Godan</b> (5 <sup>th</sup> Degree Black Belt)	Eric Bergman, Ken Buck, Heather Cant-Woodward, Joel Cohen, James Darker, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward
<b>Yodan</b> (4 <sup>th</sup> Degree Black Belt)	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.