

JANUARY 2023

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INTRODUCTION

I suppose every year I begin the January issue of FOCUS with "HAPPY NEW YEAR Everyone!". This year should be happier than the past few years. 2022 was not so bad (Monica and I got away for a great trip to Ireland and the U.K.); and we are putting COVID restrictions behind us (although wearing masks is still recommended for people with health issues).

In this issue we have pictures and results from the **Seikikai Invitational Tournament**, held in December. We have a few submissions of news from clubs, and there were lots of Black Belt rankings since our last issue.

We start off this issue with a letter from Sensei **Dave Manara**.

One thing we need to note is that, for the time being, the **monthly virtual Yudansha** classes that were previously held on ZOOM **will not continue**. We will notify everyone if they are to be started again.

There has been some discussion about having an **Awards Event Evening** to celebrate and recognise members who have reached, or soon will reach 50 years involvement in the organization. Further announcements about this will be forthcoming.

Sensei Manara and Sensei **Steve Borda** are planning a **Winter Tournament**. Mark the **February 25th** date in your calendars, **from 2 to 4pm**. It will be at the Olympium in Etobicoke. See the flyer in this issue. **Register early (in January) on the website noted in flyer and save 50%** off the at-the-door entrance fee. Less of a discount available if you register in February. Spectators are free. We plan to provide the learning opportunity for **more judging experience** for lower ranking Yudansha members at this event with guidance from the senior ranks, of course.

Our mailing list goes out to all Yudansha members who have registered their email address with us. We hope that these Karate-ka share the news with the lower ranks as is appropriate. Everyone can pick up an issue of FOCUS at the TWKK website.

If you have any questions, please contact us at our email address, shown below.

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

TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM COMMUNICATIONS: TORONTOWADOKAI@GMAIL.COM
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Greetings to the TWKK Community From Sensei Dave Manara 9th Dan

I would like to extend my greetings to all of you for the New Year.

2022 presented many challenges for us all on many fronts, for family, work, school, karate training, health, and so on.

I would like to take this time to thank all of the Karate-ka who worked very hard assisting in the reopening of the clubs, especially the Club Heads!

Also, many thanks to Sensei **Steve Borda** who lead the virtual Yudansha and spent time training with me, mostly in my back yard. Sensei **Larry O'Grady** joined us as well. And, thanks to Sensei **José-Carlos Garcia** who assisted with virtual Yudansha.

Our challenges are not over. Some clubs are still not open as we enter 2023, but work is being done to focus on rectifying this.

All clubs are reporting success in getting old members back but are struggling to recruit new students. The main reason given is that COVID is still lurking out there and, as many people are getting their lives back to normal, extra activities are still secondary; but we see this changing for 2023.

Efforts will also be made to restart the in-person Yudansha, Tournaments, Training Camp, etc. Watch for announcements on these activities as our planning moves forward.

All the best to all of you and continued success and good health.

Sensei Dave Manara



We are Celebrating this Decade of 50 Years of the TWKK.

[Originally representing Sensei Manara's anniversary in Karate in 2013, this symbol should now be 60 Years!]

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December 4th Seikikai Yudansha By Sensei Steve Borda 8th Dan

We had a good turnout to the December Yudansha at the Etobicoke Olympium. Sensei **Steve Borda** presented Bunkai (analysis of kata sequences) and Oyo (practical applications from kata) from sequences in Naifunchi Sandan, Wansu, Bassai Dai, and Itosu Rohai. Sensei **Michael McCarthy** presented the strategic differences of Go No Sen (reactive defense, i.e., block then counter), Sen No Sen (simultaneous block and counter), and Sen Sen No Sen (preemptive attack).



Training with students from other clubs has a net benefit to the Karate-ka. Sometimes, when training only with members of our own club we get a little complacent. We are familiar with the other students and have learned their particular methods of Kumite and Kihon Kumite. When you partner up with someone less familiar to you it forces you to think. Thinking is required for all training levels of Karate-ka. I encourage everyone to take advantage of any additional training opportunities that come your way.

One of the things that I think is an important principle, particularly for our Yudansha, is the concept of “Continuous Improvement”. As Yudansha we have to look at how we can always get better, whether it is physical (i.e., speed, power, form, etc.) or by improving our knowledge base. We have to challenge ourselves to improve.

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2023 Spartan Sprint Challenge



It's time to bring out your inner Ninja. Sensei Steve Borda is challenging members of the Toronto Wado-Kai to come out and beat his time going through the Spring Spartan Sprint Race. This is a 5 kilometer obstacle course race being held east of Toronto at Ski Brimacombe near Orono, Ontario. There are 20 obstacles to overcome. The race takes place on May 13 – 14.

Are you up to it?

Details: <https://ca.spartan.com/en/race/detail/7884/overview>

Sensei Steve in action!



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SEIKIKAI INVITATIONAL KARATE TOURNAMENT

Saturday February 25, 2023.

Etobicoke Olympium

590 Rathburn Road, Etobicoke

2:00 pm to 4:00 pm.

Early Bird Registration on-line in January for \$20.00

Register from February 1st to February 23rd for \$30.00

Register at the Door for \$40.00

This is an invitational tournament and the password for registration will be e-mailed out to Club Heads and Club Communication Officers. Once you have the password, please use the following link.

<https://www.eventbrite.ca/e/seikikai-invitational-karate-tournament-tickets-511106572517>



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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

We have had some promotions in ranks towards the end of 2022.

Sensei **Nathalie Bilodeau-Lepage** and Sensei **Majorie Thériault** were promoted to Nidan.



Marianne Malo Chenard and **Charles Chenard** were also promoted to Nidan.



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SEIKIKAI Martial Arts, Etobicoke ON

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

OLYMPIUM:

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

On Sunday Dec.18th, we had our annual Christmas party.

Sensei **Steve** led a highly intensive workout followed by a pizza party.

Both students and parents were invited to enjoy in the festivities of the season and to socialize.

It was a great opportunity to gather and workout and party!

Looking forward to 2023 in the dojo and the next tournament coming soon!

> Sensei **Larry O'Grady**



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SEIKIKAI Martial Arts,
Etobicoke ON

Socializing is a real bonus for the clubs!



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THORNHILL Karate Club, Thornhill ON

Sensei Dave Manara
Kudan
(9th Degree Black Belt)

Sensei Biller Ching
Rokudan
(6th Degree Black Belt)

C.O. Marion Dimand
Sandan
(3rd Degree Black Belt)

THORNHILL COMMUNITY CENTRE

December 2022 Thornhill Dojo News... or Almost All in the Family!

Promotions at the Thornhill Dojo are coming fast and furious again!



After a long COVID hiatus, Yudansha rankings have restarted. Two Thornhill Dojo members were successful in their promotions to black belts: **Emily** achieved her black belt, 1st Dan, and **Casey Smith** his black belt 2nd Dan.

In late November, **Alex Smith** was promoted to green belt as well. Shown in the photo are Alex, plus the senior black belts in the club, including his father, Casey!



Although it is difficult to tell, there are smiling faces behind all of the masks!

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<p>RYERSON Karate Club, Toronto, ON</p> <p>Sensei Leaton Bernard, Rokudan (6th Degree Black Belt)</p>	<p>The Ryerson club remains closed while discussions continue with the Toronto Metropolitan University.</p>
<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>Great connecting with everyone on December 15th. Wishing you all a wonderful Christmas and happy New Year. Classes start up again on Tuesday Jan. 10th in the gym and on Zoom starting at 7:30. See all of you next [this] year!</p> <p>This is our Christmas pizza get-together at our North Pointe Dojo.</p>



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SEIKIKAI FALL TOURNAMENT RESULTS	Congratulations to all the participants of the Seikikai (Etobicoke) Invitational Tournament held on November 19, 2022
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Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White	Kata	Thomas K. , White, Seikikai/Etobicoke	Manisvi G. , Yellow Stripe, Caledon	Natalie A. , White, Seikikai/Etobicoke
White	Kumite	Thomas K. , White, Seikikai/Etobicoke	Manisvi G. , Yellow Stripe, Caledon	
JUNIORS				
White - Blue (Male)	Kata	Ilyas H. , White, Caledon	Jake S. , Blue, Thornhill	
White - Green (Female 9 - 12 Yrs)		Mira K. , White, Seikikai/Etobicoke	Taiga R. , Green, Seikikai/Etobicoke	Brindha S. , Yellow, Seikikai/Etobicoke
Yellow - Green (Female 15+ Yrs)		Amina H. , Green, Caledon	Julianna R. , Orange, Seikikai/Etobicoke	Alia H. , Yellow, Caledon
White - Blue (Male)	Kumite	Ilyas H. , White, Caledon	Jake S. , Blue, Thornhill	
White - Green (Female 9 - 12 Yrs)		Taiga R. , Green, Seikikai/Etobicoke	Jasmeh B. , Yellow, Caledon	Shamiraah M. , Green, Caledon
Yellow - Green (Female 15+ Yrs)		Julianna R. , Orange, Seikikai/Etobicoke	Amina H. , Green, Caledon	Alia H. , Yellow, Caledon
ADULTS				
Orange - Brown	Kata	Eddie Hobart , Brown, Natsuoka	Blake Connoy , Blue, Natsuoka	Munazir Hashim , Green, Caledon
Black Belts		Ryan Ruskay , Shodan, Seikikai/Etobicoke	David Zvekic , Sandan, Seikikai/Etobicoke	
Orange - Brown	Kumite	Munazir Hashim , Green, Caledon	Alex Smith , Orange, Thornhill	Eddie Hobart , Brown, Natsuoka
Black Belts		Ryan Ruskay , Shodan, Seikikai/Etobicoke	David Zvekic , Sandan, Seikikai/Etobicoke	Maksym Voznyy , Sandan, Seikikai/Etobicoke

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6 - 8 Age Kata

- 1st Thomas K. – Etobicoke
- 2nd Manasvi G. – Caledon
- 3rd Natalia A. – Etobicoke



6 - 8 Age Kumite

- 1st Thomas K. – Etobicoke
- 2nd Manasvi G. – Caledon



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9 - 12 Age Kata

- 1st Mira K. – Etobicoke
- 2nd Taiga R. – Etobicoke
- 3rd Brinda S. – Etobicoke



9 - 12 Age Kumite

- 1st Taiga R. – Etobicoke
- 2nd Jasmeh B. – Caledon
- 3rd Shamiraah M. – Caledon



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13 -16 Age Kata & Kumite

- 1st Ilyas H. – Caledon
- 2nd Jake S. – Thornhill



15 + Age Female Kata

- 1st Amina H. – Caledon
- 2nd Juliana R. – Etobicoke
- 3rd Alia H. – Caledon

15 + Age Female Kumite

- 1st Juliana R. – Etobicoke
- 2nd Amina H. – Caledon
- 3rd Alia H. – Caledon



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17+ Age Male Kata
1st Eddie Hobart – Natsuoka
2nd Blake Connoy – Natsuoka
3rd Munazir Hashim – Caledon



17+ Age Male Kumite

1st Munazir Hashim – Caledon
2nd Alex Smith – Thornhill
3rd Eddie Hobart – Natsuoka



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Black Belt Men Kata
1st Ryan Ruskay – Etobicoke
2nd David Zvekic – Etobicoke
Maksym Voznyy



Black Belt Men Kumite
1st Ryan Ruskay – Etobicoke
2nd David Zvekic – Etobicoke
3rd Max Voznyy – Etobicoke



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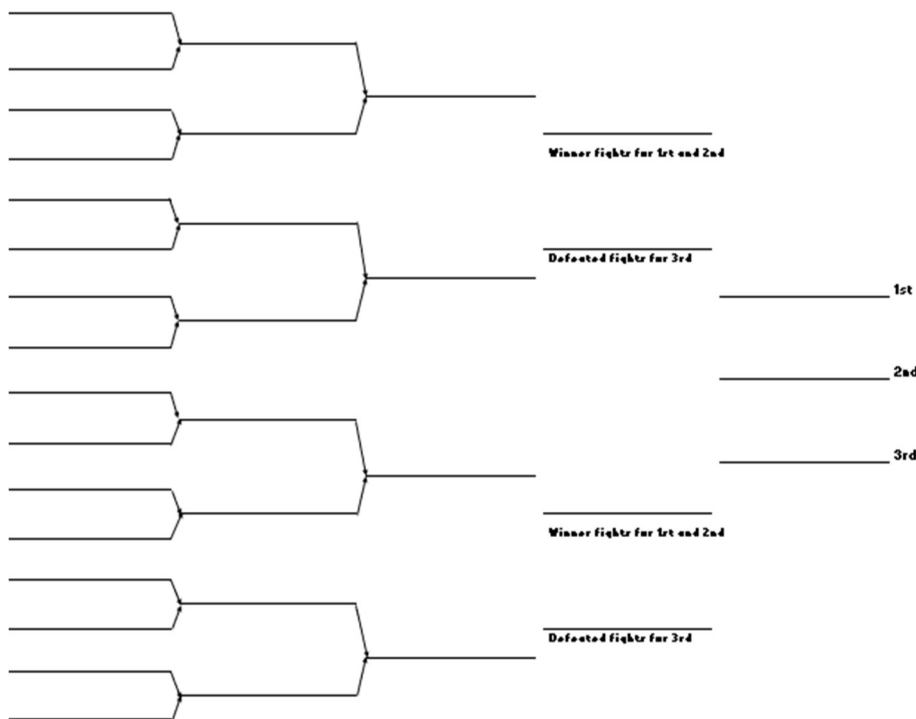
How do We Score Kata and Kumite at Tournaments

There are a few varieties of methods to score participants in martial art events, but the judging is consistent in the methodology at the TWKK Tournaments.

For Kata, when we have five judges raising their scores, these are all recorded. To determine the winners, the highest and lowest scores for each contestant are struck off and the highest sum of the middle scores determines the winners. If there is a tie for a place, the highest and lowest scores are added back for the tied contestants (the higher score wins). If there is still a tie, (or if there are only three judges' scores, not five) the contestants are asked to do their kata again. This time the judges make a choice through consensus, a 3 to 2 (or 2 to 1) determination of the better performed kata.

For Kumite (sparring), the chart below shows how the number of matches is determined. The first elimination rounds are to sort out the odd number of people and this is where a "Bye" is used, referring to a competitor automatically advancing to the next round of tournament play without competing. The Bye is used to result in matches of multiples of four (4, 8, 16). A person gets a Bye when they do not have an opponent for their first match, and they automatically move up to the next round.

9+ Participants | 5+ Participants | 4 Participants



When there are only three participants, one person would be given a Bye and the other two would spar. The winner of the second match would spar with the Bye for first and second place.

A "round robin" approach for three people provides more opportunity for the participants to spar. Two people engage, the winner spars with the 3rd person. The winner for the second match then spars with the loser from the first match; the loser of that match will get 3rd place, the other two then spar for first and second place.

For scoring, at least three judges of the five must call a point scored. First competitor to score two points within two minutes wins the match. At the end of two minutes and the score is tied (no score or 1:1) the first opponent to score a point in a one minute round wins. If there is then no score, the centre judge will ask the judges to turn their backs to the centre of the ring and raise a hand signifying who they feel was the player with the stronger performance; the centre judge breaks a tie.

If the competitors have more than a belt rank difference between them (i.e., white against orange or higher) the lower rank can win scoring one point, while the higher rank must score two points to win.

**CONGRATULATIONS TO THE NEW BLACK BELT RANKS**

Congratulations to the following Yudansha members who were recently promoted.

Promoted to Yodan

Brooklin: **Steve Schlichtmann**

Promoted to Sandan

Brooklin: **Mark Illy, Fiona Wilson**

Promoted to Nidan

Andre's Budo Ctr.: **Nathalie Bilodeau-Lepage, Marjorie Theriault**

Thornhill: **Casey Smith**

Promoted to Shodan

Thornhill: **Emily Zhang**

Brooklin: **Erin Dancy**

Promoted to Junior Shodan-Ho

Seikikai: **Kenneth T.**

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) – Mike LeBlanc

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 HOMBU (Thornhill) – 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
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, Steve Schlichtmann, Annamae Thurston

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