

APRIL 2023

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(9th Degree Black Belt)

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INTRODUCTION

"Hello Spring!" In Southern Ontario, we had a mild spell in February that lulled me into the sense of that early spring was coming, but I knew better. Winter still had lots of snow to offer, but it is finally gone. I can just imagine dojos opening their doors soon, for those that are able, to have a class or two out on the grass. (Of course, we have to get through the April showers first before we have dry ground to work out on).

In this issue, we pay tribute to a special Ambassador of our organisation, Sensei **Ron Sheyan**, who died February 21, 2023, after a short fight with cancer. We received many tributes that we have tried to include, and a picture gallery of Ron with friends of the TWKK. Our apologies for the limited space; I am sure there are many, many TWKK members that would have liked to show their presence with Sensei Ron. Think of the pictures representing many of Ron's activities that you may have shared.

The focus of this issue being on Ron, we did not receive much news from the clubs, but there is a little. For a bit of a treat, there is a link to an interview with Sensei **Dave Manara** by members of the Shintani organisation. The February Tournament results are included; Sensei **Steve Borda** ran the tournament using a double elimination process that allowed participants to have more sparring matches.

There is another **Spring Tournament on April 29th** at the Etobicoke Olympium. Mark your calendars, more information is provided. Plan to come out for some good competition, as I expect Sensei Steve will be using the double elimination process again.

Sensei Steve is also renewing his challenge to the members of the Toronto Wado-Kai to come out and beat his time going through the **Spring Spartan Sprint Race**. See the information provided.

When one such as Sensei Ron is lost, we honour them with tributes due to the support they have given to the TWKK organisation. There are some other condolences shared in this issue as well, that are not diminished by the outpouring of sentiment for Ron. We want to acknowledge members' personal losses as they are shared with us.

I have had the honour of reading everyone's input, some numerous times as I edited this issue. I have felt everyone's pain and expressions of loss. I hope this issue of FOCUS provides Ron's family, especially his wife, **Beth**, with some comfort in the evidence of how much of Ron they have shared with us, and how he was admired.

For Sensei Ron Sheyan! > **EDITOR ROBB DODS**

TORONTO WADO-KAI KARATE CLUB LTD.

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In Memory of Sensei Ron Sheyan, 7th Dan



In the April 2012 issue of FOCUS, we featured an article about Sensei Ron Sheyan, then 6th Dan, TWKK Ambassador, Senior Dan Council Member, and Club Head of the Brooklin-Whitby dojo, who was celebrating 30 years in karate with the organisation. Eleven years later, we are sadly paying tribute to Sensei Ron, 7th Dan, following his death on February 21, 2023, at the age of 74. This would have been Ron's 41st year in the Toronto Wado-Kai Karate Club.

The service for Ron was held at the Mount Lawn Funeral Home on March 17th. With the family, wife Beth, daughters Laura and Joanna, and son David, and friends in attendance were many karate-ka. These included Sensei Dave Manara 9th Dan, president of the TWKK, Sensei Steve Borda 8th Dan, Vice

President of the TWKK, Sensei José-Carlos Garcia 8th Dan, Head of the Oshawa-Whitby Wado-Kai and Sensei Ron's first TWKK instructor; and the past and present leaders of the Brooklin Wado-Kai, Sensei Heather Woodward 5th Dan, Sensei Anthony Woodward 5th Dan, and Sensei Mark Illy 3rd Dan. As well, there were many senior leaders of the organisation, past and present, too numerous to list here.

The time, from when Ron learned he was ill to his death, was very short and the shock of his death was felt by all. Ron was highly respected by everyone who knew him. When his death was announced, there was an outpouring of sentiment from the senior belts (and students and friends) who knew him the longest in his karate journey, expressing shock and surprise at the news of the loss of our comrade.

Ron was a great supporter and a true leader in the TWKK organisation, deserving of the Shintani Award, the 6th karate-ka to receive the prestigious award, presented to him in 1996 by Sensei Manara. He was truly a karate-ka that 'best exemplified the qualities of sincerity, humility and dedication' that the Award represents. Most members of the organisation may not be aware of the work Ron did in supporting the TWKK. When he decided to step down as leader of the Brooklin-Whitby Wado-Kai karate club, turning the club over to sensei Heather Woodward and Anthony Woodward, he embraced the ambassadorship for the organisation, a role he was already performing, and he often traveled to other clubs to share his knowledge and experience, as well as join in the ranks to work out.

Ron created and managed the Yudansha database, keeping in touch with all the Club Heads for the ranking of students, from Junior Shodan-Ho and up, and the comings and goings of karate-ka of these ranks over time as people left or returned to their training at the dojos.

Following the tributes and condolences from his fellow karate-ka, we have included a reprise of the 2012 feature on Sensei Ron when Ron talked about how he started in the martial arts and joined our organisation in 1982, training with Sensei José-Carlos Garcia at the Durham College dojo of the Oshawa Wado-Kai.

There is also a gallery of pictures, randomly selected from shared photos recently received, that show Ron's humour, ambassador visits, participation, and how much he was loved by his TWKK community.

(The tribute from sensei Anthony and Heather Woodward is a condensed version of Sensei Heather's words at the eulogy at Ron's funeral).





NEWS FROM CLUBS

BROOKLIN Family Karate Club, Brooklin, ON

Sensei Mark Illy, Sandan
(3rd Degree Black Belt)

MONDAY AND THURSDAY:
7:00 – 8:30PM

Greetings from Brooklin Wado-Kai Karate.

While we at the Brooklin Club are all still reeling from the loss of our beloved Sensei Ron, we continue his tradition of training and teaching new students in the way of karate. Our Club is continuing to attract excellent new students and we look forward to continuing to bring more great students to the study of Wado-Kai.

We would like to congratulate **Nate** for his successful grading to 5th Kyu (yellow belt) early in March. Nate's training and dedication came shining through as he showed excellent skill and effort. Congratulations Nate on this accomplishment!



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

Promotions continue at the Thornhill Dojo. **Cameron C.** earned his blue belt late in 2022. He is very proud, as is his grandfather, Sensei **Biller**. Cameron worked very hard with Sensei **Dave** and Sensei **Jamie** as well.

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



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Sensei Dave Manara 9th Dan Interview

On February 8, 2023, Sensei Dave Manara was interviewed by members of the Shintani organisation, **Neil Prime** and **Bruce Perkins** as part of a video record of Wado leaders sharing their memories of **Sensei Masaru Shintani**.

You can watch Sensei Dave's interview at <https://www.youtube.com/watch?v=ljT3dUL-1E8>

For other interviews go to <https://www.shintani.ca/interviews>

Spring Karate Tournament is This Month

We will be holding a **Karate Tournament on Saturday April 29th at the Etobicoke Olympium**. The competition will be from **2:00 pm to 4:00 pm**. We will be ordering pizza again for those who want to wait until the end of the tournament.

Registration will be on-line only and ends on Thursday April 27th. No registrations will be accepted after that time.

The link for registration is <http://bit.ly/3nOSFrX>

The **password** will be mailed out to Yudansha members and Club heads and Communication Officers for distribution to our members.

The 2022-2023 Athlete standings are posted on the following links. Overall points are calculated by 3 points for first place, 2 points for second place, and 1 point for third place. The overall winner of each age group will receive an award which will be presented at our annual Training Camp on July 8th.

Kumite Standings: <http://www.seikikai.ca/Kumite-Standings.html>

Kata Standings: <http://www.seikikai.ca/Kata-Standings.html>



Sensei Ron officiating at the November 2022 Tournament

2023 Spartan Sprint Challenge

There are still spots available!

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?

Send your competitor number to me at steve.borda@seikikai.ca and I'll publish the results in next Focus Newsletter.

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



Tributes for Sensei Ron

Sensei Dave Manara, 9th Dan: I first met Ron at a karate training camp at Rice Lake about 40 years ago. He brought his family, and I met the first born child, Laura. She was about three years old and cute as a button. She was placing safety pins with beads onto my shoelaces. Ron came up to me and said that she was calling me "my Sensei" and hoped she wasn't bothering me. I was flattered and Ron and I had a good laugh.

That was the start of a friendship that grew over the next 40 years! Ron kept growing in his training and reached the first dan level black belt. He always volunteered his time to assist the club in any way he could. As he grew through ranks up to 7th dan, he opened his club in Brooklin. He developed a good student base and produced many blackbelts, a lot of whom are still there training to the present time.

His leadership flowed through to the TWKK organization where he managed the Yudansha database and administered the Shintani Awards, along with me. Ron won a Shintani Award earlier in his karate career for his "Humility, Sincerity and Dedication. He carried this "Trademark" wherever he went, both in karate and his family life. Ron reached many people over the years, and he will greatly missed by us all.

Thank you, Beth, Laura, Joanna and David for sharing him with us. Ron, you will always be loved and never forgotten.



Sensei José-Carlos Garcia, 8th Dan: I would like to pay tribute to Ron Sheyan who was a good friend.

I came to meet Ron in January 1982 when I was Sensei at the Oshawa Wado-Kai when he registered as a student, together with his sister-in-law, Margaret Sheyan. A year later they were joined by his brother, Barry Sheyan. Apparently, they must have said how great it was because Ron's children also joined, Laura in 1986, Johanna in 1989 and David in 1991.

Ron worked as a Manager for General Motors/EDS where he once gave me a tour of the Data Center. I must have been very impressed as I ended up working at EDS as well. While working at the same location, Ron and I had a chance to occasionally spend time together and we really got to know one another.

Ron Sheyan was instrumental in the growth of karate in Oshawa, participating in many public demonstrations and in helping with the Children's Program when it started. I have memories of Ron and I appearing on television to advertise Oshawa Wado-Kai, which he arranged. I enjoyed our time of organizing our first Oshawa event while sitting in Barry and Margaret's kitchen while Ron's young son David played with his toys on the floor. He always brought his great sense of humour to all events including the many great times at the Toronto Wado-Kai Camps. I am proud to say that he achieved his 1st Dan in September 1985 and in September 1996 I had the honour to present him with his 4th Dan.

I still cannot believe that Ron has left us, but I know he has found the peace he deserves. I will cherish our many memories. We will miss you, Ron!!!

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Downtown Oshawa Demonstration 1983



Oshawa Wado-Kai Black Belts – Karate Camp 1990

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Sensei Heather and Anthony Woodward, 5th Dans: Sensei Ron has been an important part of both our lives for over four decades. He has been our karate sensei, but more importantly our mentor and even more importantly, our friend and family.

I (Heather) was in Sensei Ron's first children's class in the 1980s at Durham College and started with him on his first day of opening Brooklin Karate in 1999. I (Anthony) met Sensei Ron in 1990 when I started karate at Durham College in Oshawa and throughout the years, we became best friends and training partners after I joined Brooklin Karate in 2000. Sensei Ron was involved in many big events in my life including being at our wedding and always being there to mentor me in karate but, more importantly, in life.

Anthony and I were honoured to take over the Brooklin dojo when Ron retired from running the dojo, as I know Sensei Mark is now.

Sensei Ron always had a passion for teaching karate as well as a passion for learning. His basement is full of karate books, and he has always believed in the philosophy to never stop being a student. Anyone who trained and learned with Sensei Ron as part of the Toronto Wado-Kai and Brooklin Karate benefited from Sensei Ron's experiences and passion for karate. He was a patient teacher and was proud of all his students.

Sensei Ron loved being a part of Toronto Wado-Kai and was a dedicated member for over forty years, participating in many tournaments and karate camps throughout those years. Ron was acknowledged by Sensei Dave with the awarding of his Shichidan, which he was very proud to receive. He loved leading Brooklin black-belt classes and summer classes at Heber Down Conservation area. He believed that we are always students who can learn from each other.

We will forever miss Sensei Ron, but we will never forget what he has instilled in us, and we will pass on his wisdom and knowledge of karate to our fellow karate-ka. [Pictured below: Ron, Heather, Anthony, and Beth]



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Sensei Mark Illy, 3rd Dan, BWKK Club Head and proud student of Sensei Ron Sheyan: Anyone that had the pleasure of knowing Sensei Ron Sheyan, as long as I had the pleasure of knowing him, you know that he had “...**and everything**” as his own personal and unique verbal mannerism, which he used while imparting his knowledge to his students. Whenever I hear those words together, I immediately think of him and begin to reminisce about the effect he had on so many lives.



Sensei Ron Sheyan was a leader who inspired others, a teacher who brought out the best in those lucky enough to train with him, and most of all a friend to everyone that ever had the pleasure of knowing him.

Since 1999, when he founded Brooklin Wado-Kai Karate, he enriched the lives of hundreds of people through his love and passion for karate. I first met Sensei Ron in 2008 when my daughter enrolled in a Whitby Community Connections – Introduction to Karate class at Meadowcrest Public School.

In the few short weeks that my daughter spent time training with him, Sensei Ron got her very excited about karate and instilled in her a desire to continue learning. In September 2009, I received a call from Sensei Ron letting me know that he had openings available at Brooklin Wado-Kai Karate, and that he would very much like to have my daughter join. She was thrilled by this news and began classes shortly thereafter.

I went to every class and watched my daughter learn, and it wasn't long before I joined. After seeing what a great environment that Sensei Ron provided to everyone at the Club, I had to become a part of it. Over the years he developed into more than just my Sensei, he became one of my true mentors and a valued friend.

13 years later, I find myself now working to continue his legacy of bringing people into the wonderful world of the martial arts and teaching at Brooklin Wado-Kai Karate. So many times, I hear others at Brooklin Wado-Kai Karate using those 'golden nuggets' of wisdom that Sensei Ron imparted on us every class and it makes me smile, knowing that he is very proud that we are passing along the knowledge and continuing the positive affect he had on so many.

We continue to train in karate and work to his high standards of caring, teaching and technique that made him a truly great leader and friend. While Brooklin Wado-Kai Karate will never be the same without him, we will always keep him in our thoughts and our teaching as we continue to grow his legacy here at Brooklin Wado-Kai Karate, continue to improve people's lives, make friends...and everything.

Sensei Michael Muzyczka 2nd Dan: My very first time meeting Ron was at Durham College Wado-Kai, he was a green belt when I first met him, I was a yellow belt, and we had some brief discussions. Then when I was a member of Ajax-Pickering Wado-Kai, sensei Ron and Sharon (Imeson) came to be part of the class and teach; I remember those lessons well as I had a very high appreciation for Sensei Ron as a sensei and a person. I also shared a cottage with Ron at one of the June Karate Camps; we had some great discussions and I got to know Sensei Ron more.

One day at Yudansha, Sensei Ron had asked me if I was interested in learning Shindo as he was putting a small class together at the Brooklyn club; I believe that was around 2000/2001. It was a small class with Sensei Sharon and another black belt named Steve. The Shindo classes were always interesting and fun, and Sensei Ron put a lot of effort into it. Sensei Ron's instruction allowed me to achieve my 2nd Dan in Shindo in October of 2001. Below are two pictures of my Shindo days, one with the four of us (it was a small group), Sensei Ron and Sharon, Steve and me (I was a lot younger back then) and the other picture of me holding my 2nd Dan Shindo certificate with Sensei Ron and Sharon. Sensei Ron discontinued the Shindo training shortly after I achieved my 2nd Dan. I was sad as I really enjoyed his teaching, discussions and his company.

Even though I have been no longer active with Wado-Kai for many years, I always thought about Sensei Ron and how he was doing. I still continue to read the emails and newsletters from the club and when I heard about Sensei Ron's passing, I was very sad. I'm very happy in life that I met him and we shared Karate experiences together!



Sue Kuczowski, 2nd Kyu: As my own kids (Sensei Kathryn and Michael) went through the years learning [karate], as a mom I have fond memories of Sensei Ron, notably as centre judge during our earlier Oshawa Children's Tournaments as well as some Toronto Tournaments (both adult and kids). He really took the time to address the competitors, specifically the kids and to remind them to use their senses and what was taught in class; "*keep focus*", he would say, "*some of you will come away with a trophy and others with experience to bring to the next tournament.*" His gentle demeanor seemed to instill confidence in those about to spar. He would make eye contact with each of the competitors to ensure they were prepared and on their game. He equally would address each of the corner judges with the same eye contact. At this one particular tournament I heard him address a newer corner judge, "sit up straight, as much as you are watching them, they are watching you".

There was this one time Michael was competing, he was about eight years old, and he performed a Tetsui, (a hammer strike). Michael was roughly a foot shorter than his opponent and literally seemed to fly straight up, strike down inches away from the opponent's face, then return to [his] stance. Sensei Ron stopped the match at that moment, smiled, shook his head while looking at Michael then commented to the corner judges "*please tell me you saw that*"; (I might actually have that one on video).

Another time, Kathryn, Michael and Anna G. were all in the same ring competing, sparing, Michael being four years younger and much smaller than all the others, but all were in similar belt classes. Sensei Ron was the centre judge again. Addressing the corner judges and the competitors, as he did prior to all competitions, he pointed out to never underestimate the opponent. He went on to explain "*it's how you use your skill and senses*". Michael ended up being victor of the sparing match. Sensei Ron congratulated each of the competitors with a wise word, then looked at Michael and just grinned and shook his head (LOL).

Sensei Ron was just a lovely man, a talented and dedicated Sensei; I always enjoyed our quick chats at Karate gatherings. Rest easy Sensei.

Sensei Robb Dods, 6th Dan: A few of us decided we should meet for a social coffee, Sensei Dave and other sensei – Ron, Steve, Ray, Larry, John, and me (Biller and Carlos couldn't make it). I'm not sure if I should say this, but it was referred to as a TWKK ROF (Retired Old Farts) coffee meeting, a reason for just getting together and having a catch-up, outside of karate. Good conversation, and we couldn't help bringing up karate stories of the past, funny events we remembered or wanted to share. (I am so glad we got the picture below).

Since I retired just as COVID hit, I have been wanting to visit with friends I have not met often one-on-one, to invite them for a coffee and a chat, (that was postponed for a couple of years, obviously). In January, I was thinking of calling Ron for a date, but then Sensei Dave shared Ron's devastating news. Ron asked not to share the information at first; he didn't want to be answering calls and emails; and I perfectly understood that. I sent him an email anyway to let him know I was thinking of him and Beth, but that he was not to consider replying as I knew his wishes. We would get together as soon as possible.



As has too often happened in my life, I missed another opportunity to spend personal time with someone I respected and considered a friend. Ron and I had rarely done that; we always met at karate events. We did have chats at the Training Camps, and briefly at tournaments, and years ago at black belt classes when I was still training. But I really wanted to meet with Ron; and another lesson he's left with me is: Do Not Wait!

In my early days of running the Port Perry club, I would drop into Durham College at the Oshawa Club to see Sensei Carlos, and Ron would be helping with the children's classes. I had not ventured into teaching children under 12, but I had people wanting to bring to class the younger siblings of some of my students. I was watching and learning how Carlos, Ron and others were working with the children; then I broke the age barrier and offered a children's class that grew into whole families training with me. Those were good times back then, and over the following years the Port Perry Club would join with the Oshawa Club to travel to Shintani tournaments in St. Catharines and Welland; we even rented a bus once, we had that many who wanted to attend (I drove because I had a B license back then).

As long as I can remember of my days leading my clubs, Ron was always someone to share ideas with. He was a great supporter of the organisation, a real ambassador, coming out to all TWKK events (he rarely missed anything). When I retired from training, but kept involved with the organisation, Ron was my co-coordinator in support of Sensei Dave and the organisation. He was a good advisor, to me and to Sensei, relied upon to provide a respected perspective on ideas about how things were going with the organisation, along with Sensei Ray and Sensei Steve.



Sensei Ron Ruskay, me, and Sensei Ron at the November Tournament 2022

While I can say I remember the days of training with Ron, at black belt classes and Training Camps, what I really remember is his smile, a hand on my shoulder, a double-handed handshake whenever we met. I will miss him greatly, and I will always think about that coffee date we never had.

So long, my friend.

The Stone: At the funeral for Ron, we were encouraged to take a symbolic stone that represented Ron's love of the outdoors, to put where we wished, in a garden, amongst cherished possessions, wherever we desired. Ron's Stone has been beside my chair at home on a little marble table. This spring we will move him to our garden collection of rocks and stones that we have gathered on our many journeys – to remember him as a kindred outdoors, camping spirit.



The TWKK ROF Coffee Meet

Sensei Steve Borda, 8th Dan: The first thing you noticed about Sensei Ron was his warm smile. He was one of the friendliest people I have ever encountered. Ron had an unusual mix of easy going yet being intense when it counted. I always enjoyed it when I was paired up with Ron at a class. We would go at each other hard, but with great control. When the drill was over, we would grin at each other, having immensely enjoyed our mutual encounter, and walk away with some new bruises.

Ron was very engaged with the karate community. He was always participating, whether it was at the Training Camp, Yudansha (black belt class), tournaments, and/or seminars. He founded Brooklin Wado-Kai and ran a very successful club for many years. He was constantly learning and trying to improve his knowledge and his techniques. Also, he was willing to share his expertise with others. Ron was an ambassador for Toronto Wado-Kai for many years, visiting various clubs to help out. When COVID hit and we turned to Zoom to keep people engaged, Ron was there to help out. He was one of the ones that acted as an observer during the Zoom class, watching the other participants to ensure they were understanding the drills. This was very helpful, as it is challenging teaching karate on Zoom. He occasionally would ask a question. He wasn't asking for himself, but had observed someone having difficulty and was asking for clarification for others. After each Zoom session, I would call Ron and we would discuss the class and look for areas of improvement. Discussions with Ron were always enjoyable and interesting.

Sensei Ron was a leader, a gentleman, a colleague, and a friend. He will be greatly missed, but he has enriched so many others throughout his life.



Sensei Ray Kennedy, 7th Dan: It was such a shock to hear about Ron's passing. He was always such a great supporter and contributor to TWKK.

His Black Belt classes in Brooklin were always interesting and fun, and I always came away feeling I had learned something new. Ron was a very enthusiastic teacher, and he had a really genuine way about him that made everyone feel welcome and respected. I always enjoyed working with him at tournaments, where he showed real organizational skills and always made the competitors, especially the young students, feel more at ease and valued.

He will be sorely missed for his welcoming smile, his expertise, his enthusiasm, and the kindness and friendliness he showed to everyone he met.

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Sensei Larry O'Grady, 7th Dan: Sensei Ron was such a nice guy inside and outside of the dojo. I always remember sparring with Sensei Ron at Ryerson, he would smile as he sparred with you. He would always leave an impression on me; no seriously, on my gi, he always got a nice front kick or side kick in on me every time!

Sensei Ron was always training and learning, then would share that knowledge with the rest of us.

It was a few years ago Sensei Ron was at one of the tournaments, he came up to me and was reminiscing about a clinic we went to. He said the clinic was fun, but the best part of the day was spent sitting around afterwards at my place having a beverage and talking about things.

The first time I introduced the REDMAN to TWKK was at the Wasaga Karate Camp. Sensei Ron was doing a seminar at the same time as I was leading the REDMAN drills. He looked up and saw the REDMAN coming on to the beach and said "Geez, no one will want to do my seminar!"

Turns out Sensei was doing his five acts of violence flow drills and it tied nicely into the REDMAN drills we conducted that day.

Ron was a true sensei, a mentor, a friend, an inspiration, a very kind soul.



Sensei Eric Clausner 2nd Dan: I started karate as a 53 year old student. Sensei Ron was the same age as me, and he inspired me. For twenty-one years he acted as a mentor to me. While I continued learning karate with Sensei Ron, the family atmosphere it provided made each night a wonderful experience. As I moved up through the ranks, [there were] times when I thought I wasn't ready to grade, Sensei Ron had more faith in me than I had in myself. He was a wonderful man, and a great inspiration. I will always treasure the time I spent with Sensei Ron. RIP Sensei, I am a very lucky person to have known you.

Sensei Rein Vares 2nd Dan: Will always remember Sensei Ron for his good nature, spirit, and humor. What a wonderful man he was and a big inspiration to everyone. We pray that his family can find comfort in all that he has achieved in life.

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Sensei André Beauregard, 6th Dan: My deepest condolences to his family. I am sad! I did not know him like the people in Toronto, but the few times I met him, at Wasaga Beach in 2004 and at a Yudansha in February of that same year, Sensei Ron was very welcoming and generous in sharing his knowledge of karate; he made a positive impression on me. Sensei Ron was very welcoming and generous in sharing his knowledge of karate.

Sensei Randy James, 7th Dan: On behalf of Edmonton Wado-Kai, I want to extend our sympathy and condolences to Ron's family and friends. I have the memory of training with Sensei Sheyan when Sensei André and I visited at the Camp in 2004 at Wasaga beach... a long time ago, but a good memory.

Stanley Li: I remember Sensei Ron as someone always with a warm heart. He always had a passion towards the club. He was kind and affectionate and was always there to provide guidance and help to the fellow members. He will be deeply missed. May love be with him. (Some pictures of Sensei Ron, Feb 28, 2009, and Dec 5, 2010)



Sensei Tony Marziliano, 6th Dan: I was fortunate to have known Ron for over 20 years. I talked to him always at the black belt dojo; he always had an inviting smile and was full of knowledge, always willing to help. Best memories of Ron are at the summer camps at Wasaga beach, where we had in-depth conversations on life issues and again, always with a smile and full of knowledge – always sharing life experiences.

Last time I saw Ron was at the Thornhill club where he had some students from his club ranking with Sensei Manara. Again, we shook hands and I told Ron how he looks more and more like Santa every time I see him. Ron was a true Santa, generous, kind and always willing to share his knowledge.

Till we meet again my friend, thank you for the memories. Good bless.

Sensei Kim Duggan and Dan Duce, 4th Dans: We didn't know Sensei Ron nearly as well as a lot of people do, but after Kim and I joined Toronto Wado-Kai, almost 30 years ago, he was an ever-present figure in the organization. We got to know and train with him at Yudansha and at the Wasaga camps, and even in his dojo. We were always just amazed at his speed and power, and his ability to be constantly smiling. His natural charisma and friendliness made it a pleasure to be around him. He is one of the few people that I have ever met that I think of as a Titan.

Sensei Marion Demand, 3rd Dan: Although I had few interactions with Sensei Ron, I remember him fondly, and very much miss him. His friendly, knowledgeable, practical teaching style made me always feel comfortable and supported in my karate training experience. Since we are of a similar vintage, I always admired how he continued to train in karate, with great enthusiasm and skill. His positive attitude was unwavering. Sensei Ron was a person I would love to emulate. I can't forget to mention that he was free with smiles and welcoming hugs that were reciprocated. I have since found out that I wasn't the only one. Most of us welcome hugs. I will miss that too.

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Sensei Leaton Bernard, 6th Dan: I still recall the email bearing the news of Sensei Sheyan's passing – shocked and dismayed. So sudden and fast. He made a positive impact in my LiFe. Sensei Sheyan, the gentle, firm, and thorough instructor whose character is the epitome of a caring human being. He personified humility, sincerity, and dedication.

Sensei Sheyan welcomed all with open arms. Training was an adventure. Sparring was the real deal – powerfully accurate techniques with control. He had a drill/routine to help understand and improve any karate technique(s). Most importantly, he possessed the ability to break down the complexities with simple executions that everyone was able to follow. That calming voice and that lovable smile...

At his Memorial his family and friends expressed the same execution with his personal LiFe – Sensei Sheyan's character was evident in all areas of his LiFe.

His influence, smile, and grace will stay with me forever. RIP Sensei Sheyan. Condolences to Sensei Sheyan's family, friends, and our Wado Karate family.

Sensei Andy Basacchi, 4th Dan: I still cannot believe that Sensei Ron has passed away. I can still remember his gentle manner and tremendous professionalism. Here's a picture taken during Sensei Dave's 50th Anniversary party on September 21, 2013.



Sensei Michael McCarthy, 6th Dan: This is such sad and unexpected news - Sensei Ron was a great man, a solid instructor and a good soul.

Matthew Ellis, 2nd Kyu: I was shocked to learn of Sensei Sheyan's sudden passing – I have the warmest memories of his leadership and teaching during his visits to the Ryerson Dojo. Please extend my sincere condolences to Sensei Sheyan's family.

Sensei Rob Stark, Dan: I'm so very sorry to hear [about Ron]. He was a wonderful person.

Sensei Ed Young, 6th Dan: Very sad news indeed. His dedication to keep the wheels running in the organization was quite evident. He will be missed.

Sensei Lenore Chisolm-Eng, 2nd Dan: He was a pillar of the karate organization, his dojo, and his family. His cherished spirit and energy of a child will truly be dearly missed.

Sensei Kristine Aoki: I was very sorry to hear the news. Please give my condolences to Sensei Sheyan's family.



Sensei Robin and Ben Singh, 3rd Dans: To our departed Sensei Ron, we will miss you dearly. We reminisce on the treasured time we trained, traveled, and enjoyed your wonderful love and friendship!

We first met Sensei Ron while we trained under Sensei Vanessa and Sensei Weldon at Clarington Wado-Kai, and from then onwards a great friendship formed. Not too long after, Sensei Ron became a staple guest at Clarington Wado-Kai and, of course, all Karateka benefited immensely from his superior knowledge, teaching ability, and wonderful and humorous personality. All of our students at Clarington Wado-Kai always loved Sensei Ron's visits!

Over our training years, we attended many Brooklin Yudanshas and the Heber Down seminars with splendid after-training get-togethers. We shared great times at Wasaga Beach, too! A blast, to say the least!

Apart from those memories, I enjoyed attending many other seminars with Sensei Ron and this provided the opportunity to widen my view of martial arts and meet so many talented and wonderful people. At one Goju Ryu seminar in particular, I recall being able to train with Sensei Ron (among so many strangers) and he made me feel at ease and not intimidated by a plethora of many Goju-Ryu senior dans! Sensei Ron was tough, and at these seminars he made sure I was grasping the technique, strength and focus into the execution. Sensei Ron was a dear friend, always helping anyone to get it right! His memories live on in our hearts and our practice. Thank you, Sensei Ron, and farewell; may our Great God bless you into his loving arms.



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[Forty-One] Year Anniversary for Sensei Ron Sheyan

This is a reprise of the 30 Year Anniversary piece reported in FOCUS in 2012.

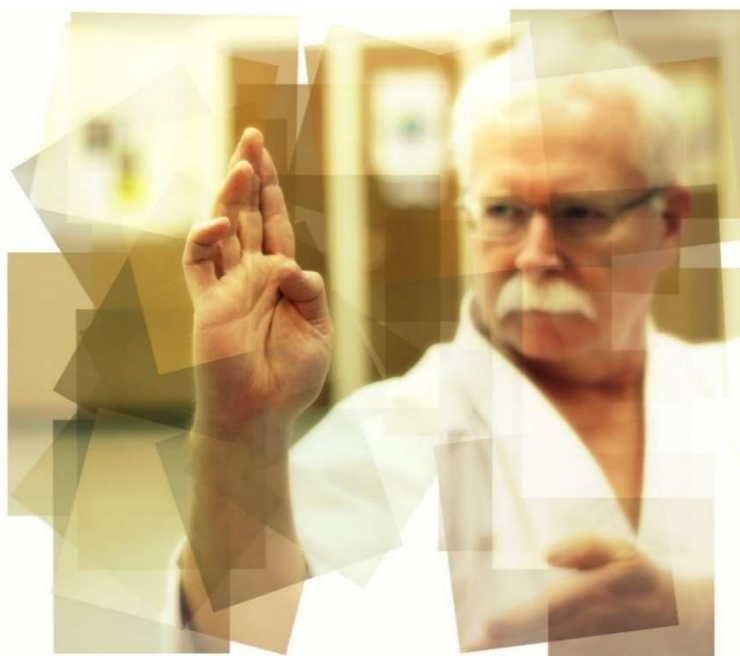
Ron, when and where did you start your karate training? How old were you?

I started for a brief period of time in 1971. I was living in Toronto (Don Mills) and my brother-in-law talked me into taking some classes in Oshawa where he lived. It was the fall and I didn't have any trouble traveling back and forth. The style was Chito Ryu and I really enjoyed it. But as winter set in I was getting nervous about driving my \$150.00 car back and forth to Toronto late at night. At that time, between Oshawa and Agincourt, the highway 401 was two lanes going east and two lanes going west, was poorly lit, and there was no such thing as a cell phone to use if you got into trouble.

There was good cause for concern about late-night winter driving, so I ended my classes in Oshawa. I decided to join a club in Don Mills, but that didn't last long. It wasn't a very friendly club at all. It was like the Cobra Kai in the Karate Kid movie, even though that movie was years away from being produced.

Many years passed and during that time I relocated back to my home town, Oshawa. My wife Beth and I were blessed with three children. Life in general got very busy. In January of 1982, a local newspaper had an article about a karate club that had just started up at Durham College. It received a very nice write-up and had just completed its first session. I phoned the contact number listed in the paper and spoke to Sensei **Jose-Carlos Garcia**. I signed up and was participating before the month had ended. I have never stopped since that first class. I was 33 years old at the time.

***"I think Karate
chose me"***



Why karate? Why the Toronto Wado-Kai?

In my teen years I had a friend that took Judo lessons and that was something that interested me. My family couldn't afford the lessons, so it was just something that I kept in the back of my mind as "something to try" when I could afford it. That came about when I graduated from College and had landed a job. I joined a very reputable club, but had my dreams dashed when I discovered that I really didn't like judo. My brother-in-law knew of my disappointment and that is why he invited me to join the Chito Ryu club shortly after he joined about a year later. You asked "Why karate?". I think Karate chose me. Had I not been disappointed with judo, I might be being interviewed about my "40+" years in judo at this time ☺.

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What was your profession back then? Did your career change during the same period of time with the TWKK organization?

In January of 1982, I was an Operations Shift Manager at General Motors' main Data Centre in Oshawa. During my time in karate I had many job progressions and changes over the length of my career at GM (and subsequently EDS): Operations Technical Specialist, Purchasing Manager, Finance Manager, Technical Support Manager, Account Manager, and, finally, I managed a group involved with New Business Development. I retired happily in January of 2004.

What were your first impressions of the club you joined and of the organization back then?

With regards to the Durham College club, I found the classes to be challenging and very interesting. Since it was a new club, there were numerous white belts and yellow belts. If I had joined a "mature" club with a large number of senior belts I may have felt a little intimidated about joining, but that is an unknown. The club was very welcoming and Sensei Jose-Carlos and his senior student were very good at making all of the students feel welcome and competent in what they were doing for the belt level they were at. With regards to the organization, I had very little knowledge of it beyond the Durham College Club. We would have to go to the Ryerson Club to be graded. When I walked into the Ryerson Club for the first time and saw the size of the class and the full range of kyu ranks and several students with dan ranks, it was very impressive and you knew you were a part of something big.

What do you remember that was so different then, compared to now?

This is a quick and simple answer. There was no such thing as a children's class at that time. Also, there were not many women involved. Today, it is almost the opposite. The children and teens outnumber the adults and there are many girls and women involved. Things have moved in a very positive and all encompassing fashion over the years.

Tell us a little about how far you trained with your Sensei before branching out.

I trained under the direction of Sensei Jose-Carlos from 1982 until 1997 by which time I had received my 4th dan. In 1986, Sensei Jose-Carlos started a Children's Class at Durham College. I became involved in assisting with the Children's class and eventually became responsible for running it. It was a fun, challenging, and rewarding time.



*"Persist, train hard,
overcome the obstacles...
Never stop being a student"*

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You were very involved in visiting other dojos between training at your “old” dojo and starting your own club. What was that like?

While training at Durham and teaching the Children’s class, a couple of the students who started after me and attained their Black Belts had started up their own dojos. I had reached a point with the Children’s Class in 1996 that I felt someone else could, and should, look after it. Sensei Carlos took over the teaching aspects and I became a “student only” again after many years of performing dual roles. After a period of time I thought that there was more I could be doing (I’m a restless guy) and decided to become a modern day “Martial Arts Circuit Rider”.

I spoke to several of the local Sensei, who were all more junior ranks, to see if they’d be interested in having me visit and teach on a regular basis. There was a resounding “come on down”! I mapped out a monthly schedule and began helping the Sensei in Port Perry, Courtice, Bowmanville, and Ajax / Pickering. I also taught a monthly Shindo class, attended the monthly Yudansha class at Ryerson and attended Sensei **Steve Borda’s** monthly Senior Belt class in Etobicoke. It was a very rewarding period of time! I got to meet so many wonderful students at the various clubs and was able to offer the Sensei a tiny bit of relief from their teaching duties. I would always have a monthly theme that would, hopefully, be of interest, something a little different from the regular class. It worked out well for all involved.

What made you decide to open your own club?

That’s actually a hard question. I guess, even though I was out and about on a regular basis, I was teaching / training on average only once a week. That wasn’t enough. Also, other Sensei had started successful clubs, why couldn’t I? It was worth a chance. I’m glad I took it!!!

In your three decades of training, what strikes you most as the high points in your training?

From a personal point of view, the achievement of my dan grades have always been high points. I’ve also become involved with **Sensei Manara’s** organization as a Director in a couple of different roles at various times. My greatest high points though are seeing, on a regular basis, the successes of my students, and the continuous support that I receive from my senior students (**Heather, Anthony, Annemarie, the two Steve’s, Eric, Alex, and Cindy**) and two of my mid-level students (**Fiona and Mark**). I find these successes and the support extremely fulfilling and that’s what keeps me going!

In closing, what sage observations could you provide karate-kas of different ages regarding their life and karate training?

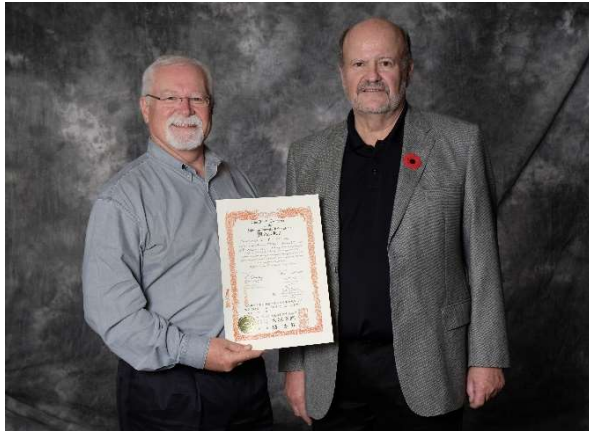
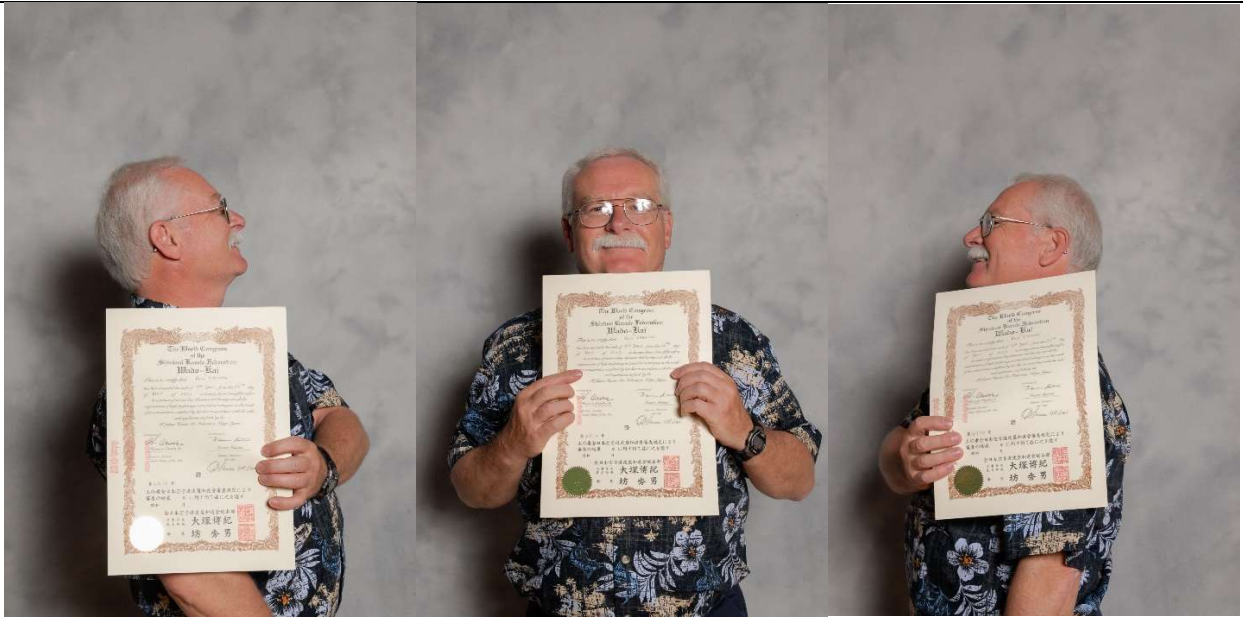
Persist, train hard, overcome the obstacles presented, set and attain your goals. You’ll find that the benefits gained through your training in karate reach well beyond the walls of the dojo, and I’m not just talking about the physical benefits. Hard physical training develops strong mental capabilities. At a point in time in your training, you need to decide to give back by helping wherever and whenever you can. Broaden your scope of responsibilities. Never stop being a student.

Thank you, Ron. You will always be remembered by your friends in the TWKK family. Rest in Peace.

The following is a gallery of pictures of Sensei Ron Sheyan shared by the TWKK community.

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TWKK/SEIKIKAI FALL TOURNAMENT RESULTS		Congratulations to all the participants of the TWKK/Seikikai (Etobicoke) Tournament held on February 25, 2023		
Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White – Yellow	Kata	Thomas K. , Yellow, Seikikai/Etobicoke	Natalia A. , White, Seikikai/Etobicoke	Elias A. , White, Seikikai/Etobicoke
White – Yellow	Kumite	Manisvi G. , Yellow, Caledon	Thomas K. , Yellow, Seikikai/Etobicoke	Boris T. , White, Seikikai/Etobicoke
JUNIORS 9 to 12 Yrs				
White – Yellow	Kata	Anoop S. , Yellow, Caledon	Mira K. , Yellow, Seikikai/Etobicoke	Eva D. , Yellow, Seikikai/Etobicoke
Orange – Green		Taiga R. , Green, Seikikai/Etobicoke	Brindha S. , Orange, Seikikai/Etobicoke	Metias C. , Green, Seikikai/Etobicoke
		JUNIORS 13 TO 17 Yrs.		
Yellow – Shodan Ho		Kenneth T. , Shodan-Ho, Seikikai/Etobicoke	Charlie J. , Orange, Brooklin	Nate R. , Yellow, Seikikai/Etobicoke
JUNIORS 9 to 12 Yrs				
White – Yellow	Kumite	Anoop S. , Yellow, Caledon	Mira K. , Yellow, Seikikai/Etobicoke	Elizabeth G. , Yellow, Seikikai/Etobicoke
Orange - Green		Taiga R. , Green, Seikikai/Etobicoke	Metias C. , Green, Seikikai/Etobicoke	Brindha S. , Orange, Seikikai/Etobicoke
		JUNIORS 13 TO 17 Yrs.		
Yellow – Shodan Ho		Nate R. , Yellow, Seikikai/Etobicoke	Kenneth T. , Shodan-Ho, Seikikai/Etobicoke	
ADULTS				
Orange – Brown	Kata	Nathalie Trinh , Brown, Toronto Goju	Sarah Cervinka , Green, Toronto Goju	Yee-Guan Wong , Blue, Toronto Goju
Black Belts		David Zvekic , Sandan, Seikikai/Etobicoke	Blake Connoy , Shodan, Natsuoka	Maksym Voznyy , Sandan, Seikikai/Etobicoke
Green – Brown (Female)	Kumite	Nathalie Trinh , Brown, Toronto Goju	Aoife Ryan , Green, Natsuoka	Sarah Cervinka , Green, Toronto Goju
Green – Brown (Male)		Ali Rouzrokh , Green, Toronto Goju	William Ogle , Brown, Toronto Goju	Yee-Guan Wong , Blue, Toronto Goju
Black Belts		Blake Connoy , Shodan, Natsuoka	Maksym Voznyy , Sandan, Seikikai/Etobicoke	David Zvekic , Sandan, Seikikai/Etobicoke

Tournament Standings and Pictures: <http://www.seikikai.ca/Results.html>

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Thomas, Natalia, Elias



Thomas, Manisvi, Boris



Eva, Mira, Anoop



Elizabeth, Mira, Anoop



Matias, Taiga, Brindha



Kenneth, Nate, Charlie



Yee-Guan, Nathalie, Sarah



David, Blake, Maksym



Aoife, Nathalie, Sarah

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Yee-Guan, Ali, William

OUR CONDOLENCES

Sensei Andre Beauregard reported that *"the father of two of my former black belts (**Daniel and Michel Godbout**) lost their father, Saturday, March 11, 2023. **Laurent Godbout** was 85 years old, a retired Philosophy professor at the University of Alberta"*.

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OUR CONDOLENCES

Louise Maetche, mother to one of Sensei Randy James' Blackbelts, **Janelda Cornfield** [his cousin] died in February. *"Aunt Louise was 95 years old and trained with us several years ago; she was 75 when she began training and 83 when she left karate. We had a generational thing going, Aunt Louise, her daughter Sensei Janelda and Janelda's daughter, **Carissa**, trained with me at our club in Edmonton."*



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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 – Freeman Thurston	RYERSON (Toronto) – Leaton Bernard
BEAUBASSIN (Halifax) – Mike LeBlanc	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
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, Joel Cohen, James Darker, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward, Heather Woodward
Yodan (4 th Degree Black Belt)	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

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