



## JULY 2023

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

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

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(6<sup>th</sup> Degree Black Belt)

### YUDANSHA MEMBERSHIP

### DIRECTOR:

## INTRODUCTION

The summer in southern Ontario began hot and humid. For those dojos open over the summer, we hope you have air conditioning; otherwise, your 'conditioning' will require some extra effort!

It is with sorrow that we must report another loss to our TWKK community. Sensei **Jim Sullivan**, Godan, died on April 24, 2023. For all of us that attended Sensei Ron Sheyan's memorial in March, we had just seen Jim and **Margaret Michael**, healthy and hale. It came as a shock to us all to lose Jim shortly thereafter. Sensei **Vanessa Connors** has provided her thoughts about Jim in way of a tribute; and we have included a reprise of the Senior Dan article on Jim and Margaret from April 2016, along with pictures provided by Sensei Larry O'Grady.

The **TWKK Seikikai Training Camp** is being held on **Saturday, July 8<sup>th</sup>**. (It may have happened by the time this issue comes out). We will have more news on the event in a special issue in August.

We have the results and pictures from the **Seikikai Tournament** held on April 29<sup>th</sup>, and have some news from clubs.

Since it is the Yudansha members that receive email notices about events, we trust our membership to pass on the information, like the Camp, to the kyu ranks at your clubs in a timely manner. Let's all help keep each other informed.

A note of correction: in the last issue of FOCUS **Mark Illy's** rank was shown as 2<sup>nd</sup> Dan and should have been 3<sup>rd</sup> Dan. Our apologies Sensei Mark for missing that.

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



**Black Belt Winners at Spring Tournament**  
**Maksym Voznyy, David Zvekic, Lenore Eng,**  
**Daina Als**

## 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



## Remembering Sensei Jim Sullivan, Godan

On April 24, 2023, our TWKK community once again felt the loss of a friend and long time supporter, Sensei Jim Sullivan. Jim and Margaret Michael were Nidans in 1996 when they started the Clarington club in Bowmanville, along with Sensei Steve Swain. In 2004, Marg and Jim began classes in the Pembroke area, calling the dojo Laurentian Valley Wado-Kai Karate. Following Marg and Jim, the Clarington club passed to Sensei Margaret Sheyan, then to Sensei Vanessa Connors (currently under Sensei Robin Singh). Vanessa has moved to Alberta, but still receives FOCUS, and she offered to provide her memories of Sensei Jim.



My introduction to Sensei Jim took place in the summer of 1998. With a three year old toddler and four month old baby at home, this exhausted mother was looking for an outlet to meet other adults, as well as burn off some built up steam that comes with the mayhem of family life.

Walking into a dojo can be extremely intimidating, but when the first face to greet me at the entrance had a mischievous smile and sparkling blue eyes, I knew I was in the right place. Sensei Jim, Margaret, Barry and Marg were so welcoming, patient and knowledgeable, and I couldn't help to not only attempt to glean as much karate knowledge as I could from them, but to also become friends with them.

Sensei Jim was very patient with me as he would explain a technique, then demonstrate (and then demonstrate again), all with that genuine, boyish smile. I always felt that it took a special kind of patience to be able to teach both children and adults, and Sensei Jim was gifted with the ability to be able to connect with all ages of students.

Of all the stories and discussions that Sensei Jim and I had, two stand out in my mind. The first one involves him living on a farm, with barn cats and wood chippers, and is not one for the faint of heart. To this day, I have never been able to determine if he was just pulling my leg 'Jim Sullivan style', or if it was a true story. But that was Sensei Jim, and the laughing and mischievous grin made me feel that he was joking with me because he knew he'd get a reaction. I really do hope he was joking!!

The second and far more important story is an abbreviated version of how he felt when he met Sensei Margaret. I was struck then, and am still quite moved, by Sensei Jim's telling of how he felt about the love of his life. It is a rare thing to hear such adoration in a man's voice when he speaks of his life partner, and it spoke volumes of his love and respect for Sensei Margaret. All of the adults in the dojo who became friends with all our sensei, knew how he felt about her.

Sensei Jim was a teacher, a student, a colleague but, most importantly, he was my friend.

Thank you, Sensei Jim, for the benefit of your knowledge, and for sharing a part of you with us. You are much loved, well respected, and will be greatly missed.

> Sensei Vanessa Connors



Sensei Jim behind Sensei Vanessa at the 2010 Training Camp >

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When Sensei Larry O'Grady was photographing a wedding several years ago for a buddy of his from high school, the bride was a very lovely **Darlene Sullivan**. And, yes, the father of the bride was none other than Sensei Jim. That wedding was one week before the annual Karate Training Camp at Wasaga and was the first time I ever met Jim.

That year the Camp had cottages in two locations, the second being along the beach lane at the blue cottages. The call to get together was announced on the Saturday morning and, with my gi on, Cyndy and I were hiking up the beach when we saw this couple in karate gis also walking ahead of us.

Being the friendly guy that I am I said "Hello". They turned around and, lo and behold, it was Jim and Margaret from the wedding a week ago!

Small world!!



Sensei Margaret (left), Larry (centre), Jim (right)

## Annual Training Camp Hosted by Seikikai Karate Club

As advertised via email to the Ontario black belt karate-ka, the annual training camp is being held at the Borda Ranch in Caledon on Saturday, July 8, 2023. This year we are trying a new format.

Children 6-8 have one session from 11:00 am to 12:00 pm.

Children 9-12 have two sessions. The first is from 11:00 am to 12:00 pm, the second session is from 1:15 pm to 2:15 pm.

Teens and adults have four sessions. The morning sessions are from 9:50 am to 10:50 am and from 11:00 am to 12:00 pm. The afternoon sessions are from 1:15 pm to 2:15 pm and from 2:25 pm to 3:25 pm.

## Athlete of the Year Awards 2022 – 2023 Season

We will be presenting **Athlete of the Year** awards at the Training Camp in July. There will be one award for each age group division. There will also be an award in the Black Belt Division.

For the three tournaments we held during the 2022-2023 season, the competitors were awarded 3 points for first place, 2 points for second place and 1 point for third place. The person with the highest point rating will get an award. In the case where a competitor has had a birthday that moves them into a different age group during the season, the competitor will be placed in the age category that they were in for the majority of the season. For example, if a competitor was in one age group for the first tournament, but in an older age group for the other two tournaments, then the competitor would be assessed in the older age group. If a competitor was in one age group for the first two tournaments, but in an older age group for the third tournament, then the competitor would be assessed in the younger age group.

We had a tie for the Ages 6-8 Category, so we will be presenting two awards for that category. The awards will be present to

Ages 6-8 Category – **Thomas K.** from Seikikai Etobicoke and **Manasvi G.** from Seikikai Caledon.

Ages 9-12 Category – **Taiga R.** from Seikikai Etobicoke.

Ages 13-17 Category – **Nate R.** from Seikikai Etobicoke

Adult Kyu Belt Category – **Munazir Hashim** from Seikikai Caledon

Adult Black Belt Category – **David Zvekic** from Seikikai Etobicoke

Congratulations to all the winners from the 2022-2023 season! Keep up the great work and we look forward to how everyone does in the upcoming 2023-2024 season.

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## 2023 Spartan Sprint Challenge

By Sensei Steve Borda

The Spartan race took place on May 13 – 14. The age group category started off at 7:45 am on May 14<sup>th</sup>. It was a balmy 10° C when the race began. This wasn't too bad as I find that one of the main problems is overheating. I didn't have to worry about that this race. Although I have to admit it wasn't much fun on the barbed wire commando crawl where they decided to have cold water spraying on the obstacle. Not only did you have to deal with crawling low to the ground, it was slightly uphill and the cold water created a lot of cold mud you had to crawl through.

The Spartan Obstacle Course races include the 3 C's: Climbing, Carrying and Crawling, with the emphasis in that particular order. It challenges you in your agility, strength, and endurance. There are a variety of obstacles, so you get to practice your ninja skills.

I have not received any confirmation that any other karate-ka entered this race. It would have been easy to beat me in this one, as I haven't raced since before COVID, and it took me much longer to complete the race than it normally should.

I hope to see TWKK challengers out there next year!



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## 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



**Arya P.**, a long time member of the Thornhill Dojo, has had a very successful few months! In April, Arya won two medals at the Spring Seikika Karate Tournament in Etobicoke.

Then in early June, Arya was ranked to Brown Belt. Sensei Dave, Biller and Tony stand proudly with Arya.



### ANDRE'S BUDO CENTRE, Edmonton AB

**Sensei André Beauregard**  
**Rokudan**  
(6<sup>th</sup> Degree Black Belt)

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

The karate club has been training in a small room of 20 ft by 20 ft at the Travelodge Hotel in Edmonton since last November. Class sizes varied from one to 12 students.

The karate after-school programs are almost coming to an end with the school year ending on June 27<sup>th</sup>, and will probably resumed in September. The year 2022-2023 has been a rebuilding year for the karate club. COVID greatly affected the attendance for classes.

Hopefully, the 2023-2024 year will be a better and more positive year.

### Main Yudansha Schedule for balance of 2023

	Tuesday	Thursday
Ranking	01-Aug	
Class	12-Sep	
Class		19-Oct
Ranking	07-Nov	
Class	14-Nov	
Class		14-Dec

The Main Yudansha classes for July and August have been cancelled.

If anyone would like instruction with Sensei Manara you can visit the dojo Tuesdays or Thursdays at 7pm.

Rankings are also held at the Thornhill Dojo on the dates noted, beginning at 7:00pm.

Remember to always check a week ahead for any changes to the schedule.

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TWKK/SEIKIKAI SPRING TOURNAMENT MEDAL WINNERS		Congratulations to all the participants of the TWKK/Seikikai (Etobicoke) Tournament held on April 29, 2023		
Division	Event	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
<b>CHILDREN 6 to 8 Yrs</b>				
White – Yellow	Kata	<b>Manasvi G.</b> , Orange Stripe, Caledon	<b>Liam D.</b> , Yellow, Seikikai/Etobicoke	<b>Natalia A.</b> , Yellow, Seikikai/Etobicoke
	Kumite	<b>Manasvi G.</b> , Orange Stripe, Caledon	<b>Elias A.</b> , Yellow, Seikikai/Etobicoke	<b>Pranav V.</b> , Orange Stripe, Seikikai/Etobicoke
<b>CHILDREN 9 to 10 Yrs</b>				
Yellow Orange	Kata	<b>Anoop S.</b> , Yellow, Caledon	<b>Thomas K.</b> , Yellow, Seikikai/Etobicoke	<b>Eva D.</b> , Yellow, Seikikai/Etobicoke
	Kumite	<b>Anoop S.</b> , Yellow, Caledon	<b>Adhya M.</b> , Yellow, Seikikai/Etobicoke	<b>Brindha S.</b> , Orange, Seikikai/Etobicoke
<b>JUNIORS 11 to 15 Yrs.</b>				
Yellow – Blue	Kata	<b>Taiga R.</b> , Green, Seikikai/Etobicoke	<b>Mira K.</b> , Yellow, Seikikai/Etobicoke	<b>Ayra P.</b> , Blue, Thornhill
	Kumite	<b>Ayra P.</b> , Blue, Thornhill	<b>Mira K.</b> , Yellow, Seikikai/Etobicoke	<b>Faith S.</b> , Orange, Seikikai/Etobicoke
<b>ADULTS</b>				
Yellow – Brown	Kata	<b>Munazir Hashim</b> , Green, Caledon	<b>Nate Rosenthal</b> , Yellow, Seikikai/Etobicoke	<b>Joel Sprenger</b> , Brown, Seikikai/Etobicoke
Black Belts (Men & Women)		<b>David Zvekic</b> , Sandan, Seikikai/Etobicoke	<b>Daina Als</b> , Sandan, Oshawa	<b>Maksym Voznyy</b> , Sandan, Seikikai/Etobicoke
Yellow – Brown	Kumite	<b>Munazir Hashim</b> , Green, Caledon	<b>Joel Sprenger</b> , Brown, Seikikai/Etobicoke	<b>Nate Rosenthal</b> , Yellow, Seikikai/Etobicoke
Black Belts (Women)		<b>Daina Als</b> , Sandan, Oshawa	<b>Lenore Eng</b> , Nidan, Seikikai/Etobicoke	
Black Belts (Men)		<b>Maksym Voznyy</b> , Sandan, Seikikai/Etobicoke	<b>David Zvekic</b> , Sandan, Seikikai/Etobicoke	

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

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Liam, Manasvi, Natalia



Pranav, Manasvi, Elias



Eva, Anoop, Thomas



Adhya, Anoop, Brindha



Ayra, Taiga, Mira



Mira, Ayra, Faith



Nate, Munazir, Joel



Maksym, David, Daina



Nate, Munazir, Joel

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## Senior Dan Council Members

### Reprise: Sensei Margaret Michael, Godan and Sensei Jim Sullivan, Godan

*Sensei Marg and Jim represent the qualities associated with the Toronto Wado-Kai and the Shintani Award – Sincerity, Dedication and, most especially, Humility; so much so that I was hard-pressed to lure their story for our readers to learn more about this steadfast karate couple. Sensei Marg was the recipient of the Shintani Award in 2002 and Sensei Jim in 2010. Thank you, Marg and Jim, for helping me share with our readers two of our humblest Senior Dan Council Members. > Editor Robb Dods*



Marg and Jim began taking karate because it was something they had wanted to do and the Oshawa club was close by. Jim began his training at the age of 48; he had just retired and was looking for something interesting to do. Marg was 35 when she began training. When asked about any career changes during her training years, Marg replied, “I was a clerk at General Motors of Canada in the GM10 Pilot program; then I retired from G.M. in 2002.”

Their first impressions of the Oshawa dojo were that it was ‘easy going’ with ‘friendly people’. Sensei Jose-Carlos Garcia was the head instructor at the Oshawa-Whitby Wado-Kai, but Marg remembers that there were 26 white belts that joined at that time, and it was Sensei Ron Sheyan and Sharon Imeson that trained the beginner group. Both Marg and Jim trained to their black belt before branching out.

“We were Nidans in 1996 when we started the Clarington club in Bowmanville along with Steve Swain,” said Marg. Years later, Marg and Jim began classes in the Pembroke area in January 2004,

calling the dojo Laurentian Valley Wado-Kai Karate.

Asked about what they thought as their achievements and highlights of their time in karate, Jim said “sharing with others” and “[he] stayed in shape”. Marg noted, “Starting up three dojos, so we could pass along what we were taught; and sharing our knowledge with hundreds of students that we trained.”

Sensei Weldon Zabizewski said, “When they turned over the dojo to Sensei Marg Sheyan and me, they left us with a well-run club, and we used the teachings from both Jim and Marg to continue running the Clarington dojo in their spirit.”

“We still visited with our first instructors Ron and Sharon along with many of the other people that we have met during our years of training,” said Marg. “Some come up to Pembroke to visit and/or do a class with us, like Ron from Brooklin-Whitby, Frank and Jan from Port Perry, and Larry from Mississauga. We even have former students come visit from the Oshawa and Clarington Clubs. Steve and his wife, Theresa, come up to visit every year to catch [us] up on the news in Oshawa.”

Sensei Marg and Jim have continued over the years to support and participate in the annual Training Camp. Jim can often be seen in pictures of the Camps, working out with his fellow karate-kas. Many will know Marg with a camera in hand, capturing the history of the Camps; many, if not most, of the pictures in the TWKK Flickr albums of the past Camps are of Marg’s diligent photography. (It was hard to find pictures of Marg since she was the one taking them). Maybe we should recruit Marg as the Camp Historian.



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## OUR CONDOLENCES



Our condolences to Sensei Margaret Michael and the family. On April 24, 2023, Sensei Jim Sullivan, Godan, died after a brief illness following a stroke.

Sensei Margaret said Jim did not want a service. A celebration of life will be held at a later date for immediate family only at the family camp.

### 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
BEAUBASSIN (Halifax) – Mike LeBlanc	RYERSON (Toronto) – Leaton Bernard
BROOKLIN-WHITBY – Mark Illy	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CALGARY – Steve Henrich	THORNHILL – Biller Ching & Dave Manara
CLARINGTON – Robin Singh	YUDANSHA HOMBUR (Thornhill) – Dave Manara

### 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
<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, Joel Cohen, James Darker, Margaret Michael, Frank Murphy, Ron Ruskay, Jim Sullivan, Anthony Woodward, Heather Woodward
<b>Yodan</b> (4 <sup>th</sup> Degree Black Belt)	Andy Basacchi, Dan Duce, Kim Duggan, Alex Nguyen, Annamae Thurston

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