



AUGUST 2023 – SPECIAL EDITION

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TWKK / SEIKIKAI TRAINING CAMP 2023

This is a special issue of FOCUS to expound upon the virtues of the TWKK / Seikikai Training Camp 2023. The Training Camp is hosted by Sensei **Steve Borda**, head of the Seikikai Martial Arts, at his home and hobby farm in Caledon, Ontario. Included among the instructors of the TWKK that led the sessions was special guest, Sensei **Dave Manara**, 9th Dan.

Training Camps have been a tradition of the Toronto Wado-Kai for decades, ever since 1974 when the very first Camp was held at a cottage at Musselman Lake north of Stouffville Ontario. Over the years, Camps have been held at the Ryerson farm near Pontypool, the Ryerson Lodge in Collingwood, a cottage resort at Rice Lake and, for the majority of years, at the Sand'n'Surf cottages at Wasaga Beach.

The Wasaga location was great for families where we stayed in the rustic, traditional Ontario cottages, right on the sandy beach where the training workouts took place, and families could enjoy the sun and swimming in the warm, shallow waters at Allen Beach, on Georgian Bay.

The attendance over the years has varied, with some camps having as many as 120+ students and families in attendance. The Saturday night potluck dinner was always a highlight of the weekend, along with campfires and music on the Friday and Saturday nights. We used to have a tournament on Sunday mornings, which later became more focused on practice drills. When the Wasaga Beach location was no longer available, the full weekend Camps came to an end with the 43rd Training Camp held in 2016.

Sensei Steve held the first Training Day Camp in 2018. Except for the 'COVID' years of 2020-2021 when no camps could take place, this new tradition of the Training Camp has taken hold. This year's Camp had a great turnout, and there is certainly room for more students and families to enjoy an outing to the country next year! > EDITOR **ROBB DODS**

TORONTO WADO-KAI KARATE CLUB LTD.

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TWKK / Seikikai Training Camp 2023

What a success!

Sensei Steve Borda's farm in Caledon is an excellent location for an outing with all the family. Many of the parents commented on the idyllic setting, so peaceful in the country, away from the hustle and bustle of urban life. The aroma therapy of the surrounding fields was heavenly. The occasional fluffy clouds gave breaks from the wonderfully sunshine for the students working out. For the spectators, there was shade under trees or under the tent canopy. A pizza lunch was provided along with refreshments, especially water for the participants.

At least 30 students attended the Training Camp on Saturday, July 8, 2023, during the four periods of scheduled sessions. The new format worked well, such that students and families could come for the day and enjoy the comradery of all or arrive in time for their age or rank grouped events.

The day was broken in sessions. While the following was to be broken into groups by ages, based on the mix of some ages were combined with others, providing the opportunity for juniors to work with more senior students as well.

Main instructors included Sensei **Dave Manara** 9th Dan, Sensei **Steve Borda** 8th Dan, Sensei **Larry O'Grady** 7th Dan, and Sensei **Michael McCarthy** 6th. These were supported by more Yudansha members who helped the students with individual attention during the training.

We have a gallery of pictures to show the fun and activities that went on. We encourage everyone to consider attending next year. The date to put in your calendars for **Next Year's Training Camp** is **Saturday June 22, 2024**. Students should be finished their exams by then, the recreational summer camps will not have started and, likely, people will not away to their cottages yet.



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Benefits of the Training Camps

Why go to a Training Camp? Well, if you really have to ask, here are 20 reasons. It's because:

1. It's just plain Fun!
2. You meet new people!
3. Parents meet other parents from other dojos and talk about their experiences!
4. You meet old friends and can reminisce!
5. You get away from the city/town and can relax in the country! (Ah, the aromatherapy!)
6. You get one-on-one training with instructors from other clubs!
7. You get to train with Sensei Manara!
8. It's like going to a Yudansha class that includes the Kyu belts!
9. You will learn new techniques, like combinations with takedowns, holds, strikes and blocks!
10. You might learn a new kata! (You never know 😊)
11. You might get your picture in FOCUS!
12. You can roll around on the grass, on purpose!
13. You might have to fight with balloons!
14. You might break boards!
15. You get to hit the Red Man as hard as you can!
16. You can joke with all the sensei (and they won't mind)!
17. You'll hear the sensei joke about each other (and they say they don't mind)!
18. You're likely to hear stories of the history of the TWKK and the instructors.
19. Sensei said you should! (No, it is voluntary, but you really should).
20. Training Camps were always about learning opportunities and this is a unique experience that comes but once a year! Don't miss out!



Athletes of the Year Awards



Sensei Steve Borda presented an award for each age category based on the tournament placement scores for those who participated at the Seikikai tournaments this past year. For each tournament 3 points were given for a first place, 2 points for a second place and 1 point for a third place. These points were then totaled and the person with the highest score received an award. We had a tie in the ages 6-8 category.

This year's winners were: (Above) Left to right, **Manasvi G.** Seikikai Caledon Ages 6 – 8, **Munazir Hashim** Seikikai Caledon Adult Kyu belt, **Taiga R.** Seikikai Etobicoke Ages 9 – 12, **Nate R.** Seikikai Etobicoke Ages 13 – 17. Below are **Thomas K.** Seikikai Etobicoke Ages 6 – 8 and **David Zvekic** Seikikai Etobicoke Adult Black Belt.



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TORONTO WADO-KAI KARATE CLUB LTD.

Session 1 – 9:50 am to 10:50 am



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Session 1



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Session 2 – 11 am to 12 pm



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Session 3 – 1:15 pm to 2:15 pm



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Session 4 – 2:25 pm to 3:25 pm



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Relax at the Farm



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 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
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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