

JANUARY 2024

INTRODUCTION

PRESIDENT:

Sensei Dave Manara, Kudan
(9th Degree Black Belt)

VICE PRESIDENT:

Steve Borda, Hachidan
(8th Degree Black Belt)

TECHNICAL DIRECTOR:

José-Carlos Garcia, Hachidan
(8th Degree Black Belt)

SENIOR DIRECTOR & ADVISOR:

Ray Kennedy, Shichidan
(7th Degree Black Belt)

**COMMUNICATIONS DIRECTOR &
FOCUS EDITOR:**

Robb Dods, Rokudan
(6th Degree Black Belt)

YUDANSHA MEMBERSHIP:

Sensei Dave Manara, Kudan
(9th Degree Black Belt)

WEBSITE DIRECTOR:

Leaton Bernard, Rokudan
(6th Degree Black Belt)

AMBASSADORS:

Steve Borda, Hachidan
Ray Kennedy, Shichidan

Happy New Year, everyone! I know, I start off this issue the same way every year, but what else is there to say for the first issue of the new year?

2023 felt more like a normal year. Hopefully, we have put the COVID epidemic behind us and now, if you catch it, the symptoms are more like a bad cold or the flu. If we keep up with our vaccinations, we should be able to contend with the variations in the coming years. It is a virus, so it isn't going away, but we can add those shots with the flu shots and hopefully it will become just a seasonal norm.

We sent out a survey about who reads FOCUS and received a 20% response to the survey about your likes or dislikes about FOCUS. Thank you to everyone who responded.

I have approximately 171 emails on my current distribution lists. Occasionally, I receive a technical message that my emails cannot be delivered to a particular person and after investigation, the address is removed. But not all defunct emails are returned. I also sent out an email request for everyone to reply to me, so that I could confirm my distribution lists are current and accurate. **Without confirmation, you may be removed from the mailing lists**, so if you have not responded already, please do because I will be purging my lists this year.

In this issue, we have some news from a few clubs, the October 23rd Tournament results, a list of the next six months' dates for the Main Yudansha, and details about the **Awards Dinner** event scheduled for **Saturday, March 2, 2024**.

The dinner is open to everyone (see flyer at the end), but space is limited. Please **make your reservation by Saturday, February 10th**. These events are a lot of fun, with good food and camaraderie. We hope to see you out. The timing is good to get over the February blues this winter.

Submitting to FOCUS is open to all ranks, not just black belts. Technical articles would be appreciated. If you would like to submit an article about your training, or 'life in karate', we would like to share personal stories as well.

Names have been removed from the Senior Dan Council list for people no longer involved or in touch with the TWKK organization. I am also reaching out to some of our past alumni to provide their remembrances of their training days. Hopefully in the future we will have some interesting stories to read about. Enjoy your read! > **EDITOR ROBB DODS**

TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM COMMUNICATIONS: TORONTOWADOKAI@GMAIL.COM
PHONE: (416) 801-7435



JOIN US AT THE AWARDS DINNER RECOGNISING 50-YEAR MEMBERS

It has been a long time since we have had a **TWKK Awards Dinner** event. The last one was held in 2019. These events have always been special but have become rarer as time goes by. The Toronto Wado-Kai Karate Club Ltd. began in the early 1970's. That means that it has been five decades since the birth of the organization. It also means that, besides Sensei **Dave Manara** himself, there are some TWKK members that are still around from that time. We recognized Sensei **Ray Kennedy's** 50th year in karate in the October 2022 issue.

On **March 2, 2024**, an Awards Dinner will be held to honour Sensei Ray 7th Dan and others who will reach 50 years involvement with the organization this decade. These include Sensei **Steve Borda** 8th Dan, Sensei **Jose-Carlos Garcia** 8th Dan, and Sensei **Robb Dods** 6th Dan. Other awards may be presented at the dinner.

The event will take place: at the Canadiana Restaurant, 5230 Dundas Street West, Toronto. Cocktails at 7pm. Space is limited, and we already have about 40 karateka who have requested reservations. If you wish to participate, contact Sensei Robb Dods or Sensei Dave Manara as soon as possible. The cost is \$60 per person and payment for **your reservation should be made** by eTransfer to Sensei Dave **by Saturday, February 10, 2024**. See flyer in this issue.

And The Survey Says...

By Robb Dods

Feedback on TWKK Newsletter - FOCUS

We want your feedback about the Toronto Wado-Kai Karate Club Newsletter, FOCUS.

FOCUS is only for TWKK-related news, events and articles.

This survey is to help improve the TWKK Newsletter. It is being sent only to people on the Editor's FOCUS distribution email list. Your answers will remain anonymous.

If you are reading this, then I don't have to ask if you read FOCUS. Whether you just check the TWKK website to pick up a copy of each issue, or you wait hungrily for my email every quarter to announce the next issue is ready to be picked up, FOCUS is the best way to get news about what is happening in the TWKK organization.

In October 2023, a survey was emailed to the Yudansha membership as well as past TWKK members that have requested to remain on our distribution lists. The survey was asking about who reads FOCUS and we would like to thank those 20% that responded. The survey asked various questions about FOCUS content and whether it was still of interest, including questions like:

- What do you like about FOCUS? > *78% said you liked everything that is provided, although some said they didn't always read everything if the articles seemed too long. (We'll work on making them easier to read).*
- What would you change about FOCUS? > *Most said leave it as is, some asked for more pictures.*
- Other Comments > *Many expressed your appreciation for putting FOCUS together (thank you), and some made the request for more 'technical' articles.*

You may be removed from the distribution lists.

While I know not everyone likes doing surveys (a 20% response isn't bad), it also brought into question whether my email distribution lists are accurate. So, I sent out a separate request for everyone to reply to me. It is important that I hear back from everyone who wants to continue to receive our communications. If you have not responded already, please reach out to me because I will be purging my lists this year and you may be removed from the mailing lists.

If you stop receiving our emails, you will need to contact me or go to the TWKK website to pick up FOCUS. The distribution lists are used for announcements, change notifications for Main Yudansha classes, and other special events and shared information. Don't miss out! (I will purge later in February).

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NEWS FROM CLUBS

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

Since September 2023, one karateka was successfully ranked.

In December, **Cameron C.** was successfully ranked to Brown Belt. Cameron is a very serious person, (and apparently so is Sensei **Dave Manara**, as shown in the photo). I do know that both Cameron and Sensei Dave were very proud of this achievement. So was Sensei **Biller Ching** as well! Cameron is Sensei Biller's grandson!

On a separate topic, monthly Yudansha classes with Sensei Dave began again in September this year. Yudansha classes were held at the Thornhill Dojo on September 12, October 19, November 14, and December 14. They are typically held on alternating Tuesdays and Thursdays.



Attendees working hard in the October 2023 Yudansha:



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THORNHILL Karate Club
Thornhill, ON

Below, Sensei **Jamie Darker** and Sensei **Ray Kennedy** practising their karate skills.



Attendees of the November 2023 Yudansha class at Thornhill Dojo:



I have been able to attend the September, October and November Yudanshas. As was always the case when attending a Yudansha, the class is hard work, but very rewarding. It is also a great opportunity to meet senior belts from other clubs. If you are eligible to attend, and you are able to do so, I highly recommend that you come out to a Yudansha class. > C.O. Marion Dimond

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

**Sensei José-Carlos Garcia
Hachidan**
(8th Degree Black Belt)

YWCA CENTRE

WALTER E HARRIS PUBLIC
SCHOOL

This past September (2023) brought back the cheerful return of many students to our karate classes after a refreshing summer break, marking a significant success in reviving the martial spirit within the Oshawa dojo.

The excitement for the new year is contagious as we warmly welcome an increased number of registrations, a clear sign of our growing and lively karate community. As we enter 2024, our dojo is buzzing with dedication and development, creating a scenery for a year filled with exciting events, challenges, and celebrations. We're eagerly gearing up for the upcoming grading sessions, where many students will proudly be tested to move up to new ranks, showing their hard work and commitment.



Here's to a joyful and prosperous Happy New Year 2024 to everyone—may it be a year of continuous growth and achievement for each member of our karate family!



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BROOKLIN Family Karate Club, Brooklin, ON

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

MONDAY AND THURSDAY

Happy 2024, from all of us at the Brooklin Club. We have been doing great here, with new students joining us and others performing fantastically at their gradings. In late November, we had two of our students, **Daniel** and **Brandon**, be successfully ranked to their Yellow and Orange belts respectively; congratulations on a job well done. It looks like 2024 will be the beginning of numerous gradings on the horizon and I look forward to keeping everyone apprised of our Club's progress.

During our last class of 2023, we closed off our year with our traditional Karate & Pizza party. By all accounts, for those that attended it was a fun time with karate games and then some social time with our fellow students, and a few slices of pizza.

As we return to classes shortly, I would be remiss if I did not acknowledge that the Brooklin Club works due to the collaboration and support of a fantastic club Yudansha. To all of you, I wanted to thank you again for all your help; the Club could not continue to be successful without you and your support.



A special thank you to Sensei **Fiona** who tirelessly supports the Club by running a great kid's program, where all our 6–9-year-old students enjoy learning everything "karate" from a truly great teacher. Last, but certainly not least, Sensei Manara's support and guidance has been invaluable in our ability to maintain and grow our Club and I am very grateful for all his assistance.

I look forward to seeing everyone throughout the year at Yudansha and Tournaments and, on behalf of the Brooklin Club, we wish you and your families a happy, safe and prosperous 2024.



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TWKK/SEIKIKAI FALL TOURNAMENT RESULTS		Congratulations to all the participants of the TWKK/Seikikai (Etobicoke) Tournament held on October 21, 2023		
Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White – Orange	Kata	Natalia A., Orange, Seikikai/Etobicoke	Aria M., White, Seikikai/Etobicoke	Boris T., Yellow, Seikikai/Etobicoke
	Kumite	Manasvi G., Orange, Caledon	Boris T., Yellow, Seikikai/Etobicoke	Aria M., White, Seikikai/Etobicoke
JUNIORS 9 to 11 Yrs				
White – Orange	Kata	Adhya M., Orange, Seikikai/Etobicoke	Anoop S., Orange, Caledon	Michael H., Yellow, Seikikai/Etobicoke
	Kumite	Anoop S., Orange, Caledon	Brindhya S., Orange, Seikikai/Etobicoke	Thomas K., Orange, Seikikai/Etobicoke
JUNIORS 12 TO 17 Yrs.				
White – Blue	Kata	Mira K., Orange, Seikikai/Etobicoke	Camille V., Green, Natsuoka	Faith S., Green, Seikikai/Etobicoke
	Kumite	Paul F., Blue, Seikikai/Etobicoke	Vadym S., Yellow, Seikikai/Etobicoke	Faith S., Green, Seikikai/Etobicoke
ADULTS				
White	Kata	Martin Calcaterra, TMU	Tahniah Naveed, TMU	Aidan Yang, TMU
White – Green		Caesar Rodriguez, White, TMU	Difei (Fay) Zheng, Yellow, McMaster	Owais Lightwala, White, TMU
Blue – Brown		Taylor, Brown, McMaster	Ryan Zanmen, Blue, Seikikai/Etobicoke	Theodore Collins, Brown, McMaster
Black Belts		Eddie Hobart, Shodan-Ho, TMU	Andrei Petrov, Shodan, TMU	Daina Als, Sandan, Oshawa
White	Kumite	Samrawit Mulugeta Hais, TMU	Thomas Laramore, TMU	Tahniah Naveed, TMU
Yellow – Green		Shershah Yousafzai, Orange, TMU	Owais Lightwala, Orange, TMU	Caesar Rodriguez, Orange, TMU
Blue – Brown		Taylor, Brown, McMaster	Theodore Collins, Brown, McMaster	Ryan Zanmen, Blue, Seikikai/Etobicoke
Black Belts		Daina Als, Sandan, Oshawa	Andrei Petrov, Shodan, TMU	Eddie Hobart, Shodan-Ho, TMU

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

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Natalia, Aria, Boris



Aria, Boris, Manasvi



Michael, Adhya, Anoop



Thomas, Anoop, Brindha



Mira, Faith, Camille



Vadym, Paul, Faith



Tahnia, Martin, Aiden



Fay, Owais, Caesar



Taylor, Ryan, Theodore



Andrei, Daina, Eddie



Thomas, Tahnia, Samrawit



Caesar, Shershah, Owais



OUR CONDOLENCES

We offer our condolences to Sensei Veronica Cizmar whose mother, **Mary Cizmar**, died on Saturday, November 25, 2023.

The funeral and mass were held Friday, December 1st at The Cathedral of the Nativity of the Mother of God, Toronto.

MAIN YUDANSHA SCHEDULE

January 16th, Tuesday

February 15th, Thursday

March 12th, Tuesday

April 18th, Thursday

May 14th, Tuesday

June 13th, Thursday

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING – Daina Als

André's Budo Centre (Edmonton) – André Beauregard

BROOKLIN-WHITBY – Mark Illy

CALGARY – Steve Henrich

CLARINGTON – Robin Singh

EDMONTON – Randy James

OSHAWA-WHITBY – José-Carlos Garcia

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
Rokudan (6 th Degree Black Belt)	André Beauregard, Leaton Bernard, Biller Ching, Robb Dods, Steve Henrich, Tony Marziliano, Ed Young
Godan (5 th Degree Black Belt)	Ken Buck, James Darker, Anthony Woodward, Heather Woodward

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AWARDS DINNER

INVITATION TO ALL KARATEKA, FAMILY & FRIENDS



SATURDAY, MARCH 2nd

Canadiana Restaurant and Banquet Hall

5230 Dundas St. W., Six Points Plaza, Toronto M9B 1A8

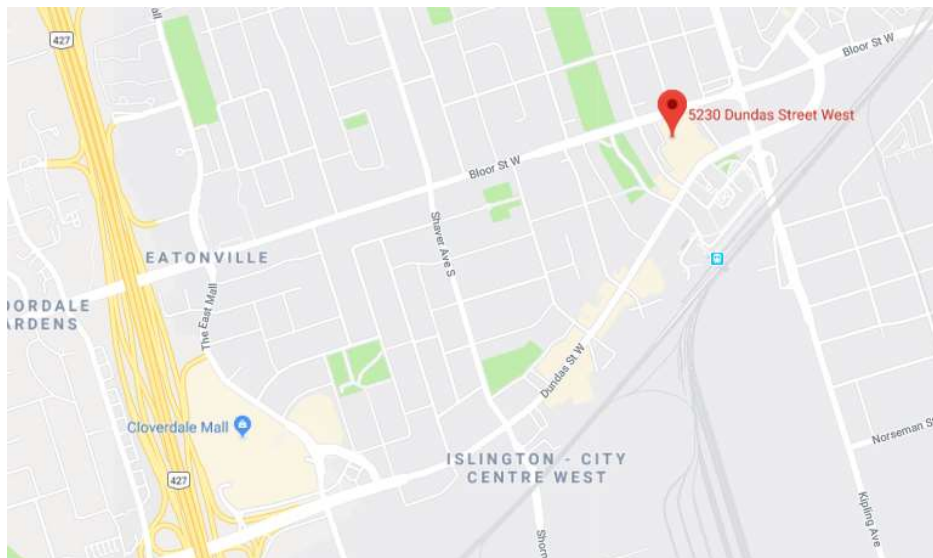
Dress is Business Casual

COCKTAILS - 7:00 PM WELCOME REMARKS & DINNER - 7:30 PM

COST PER PERSON - \$60.00 includes tax and gratuity (Cash Bar)

COMMITMENT - Please make payment by Feb 10th

To Sensei Manara via eTransfer



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