



APRIL 2024

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Sensei Dave Manara, Judan
(10th Degree Black Belt)

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(8th Degree Black Belt)

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(7th Degree Black Belt)

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WEBSITE DIRECTOR:

Leaton Bernard, Rokudan
(6th Degree Black Belt)

DIRECTOR & ADVISOR:

Randy James, Shichidan
(7th Degree Black Belt)

INTRODUCTION

It's Spring! We did not have much of a winter in southern Ontario where I live, with only one reasonable snow fall each month in January, February, and March!

On March 2nd, an historic TWKK event took place at the Awards Dinner held in Etobicoke. We had a great turnout including many faces from the past.

To recognise five decades of the TWKK, **Sensei Dave Manara** presented 50-year Awards of Appreciation to Sensei **Steve Borda** 8th Dan, **Jose-Carlos Garcia** 8th Dan, **Ray Kennedy** 7th Dan, and **Robb Dods** 6th Dan. [In Edmonton, Sensei also presented Appreciation Awards to Sensei **Randy James** 7th Dan, Sensei **André Beauregard** 6th Dan, and Sensei **Ken Buck** 5th Dan. Sensei **Ed Young** 6th Dan will also be recognised.] Congratulations everyone and thank you for your ongoing support over all these years!

Our surprised Sensei Dave was also presented with an Appreciation Award by the senior ranks to recognise his 60 years of martial arts training and his 50 years of leadership of the Toronto Wado-Kai Karate Club Ltd organisation.

At the dinner another surprise was announced. Sensei **Dave Manara was presented with his rank of Judan, 10th Dan!** This is a rare occurrence and was decided upon by the senior leaders of the organisation. Read more about the evening in this issue.

We have the results of the February Tournament and we're announcing that the **next Tournament** will be held at the Olympium on **Saturday, April 27th**, not far away.

Also, note that this year's **Training Camp** will be held on **Saturday, June 22nd**. Mark your calendars and plan to come out to the country to Caledon East at the Borda Farm and enjoy a day of training. Bring the family to enjoy the fresh air and the refreshments that will be provided. More information on the Camp will be shared at a later date.

For something different, in this issue, and we hope in future issues, we have a featured Alumni from past Ryerson Club days sharing some memories and stories.

Confused about some terminology, Some helpful information is included in this issue.

Read about becoming an Entrepreneur with the TWKK. > **EDITOR ROBB DODS**

TORONTO WADO-KAI KARATE CLUB LTD.

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Spring Tournament

Hosted by Seikikai Karate Club

Spring tournament at the Etobicoke Olympium on Saturday, April 27th. Registration is **on-line only** and **closes April 25th**.

An advantage to registering early is that for Kumite (free sparring) we sometimes have to award a “bye” (the transfer of a competitor directly to the next round of the competition) to some competitors at the start of the competition, in order to get the group to a size where we can have a set of straight elimination rounds. If you get a “bye” it’s like winning your first sparring match without sparring. If needed, “bys” will be awarded to the competitors registered in the group in the order of when they registered.

In order to compete, participants are required to wear a karate gi (uniform). These are available through our club. Another requirement for new students is that competitors must be able to get through one of their Kihon Kata as a minimum. For Kumite (free sparring) no jewelry (bracelets, rings, watches, dangling earrings, Kara, etc.) are allowed. This is a safety issue. If participants are wearing jewelry and do not remove it, they will not be allowed in the Kumite portion of the tournament.

The tournament will be from **2:00 pm to 4:30 pm**. Pizza will be available afterwards.

We always need judges. There is a section in the registration on-line for judges to register as well. Judges, please arrive at 1:30 for a Judges meeting prior to the tournament.

Registration information was sent out to the Yudansha membership by separate email. Please talk to your sensei if you have not received the information.

Annual Training Camp

Hosted by Seikikai Karate Club

The annual Training Camp is being held at the Borda Ranch in Caledon on **Saturday, June 22, 2024**. We will be following the same format that we did last year.

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.

The following link should be used to register. The password will be sent out to the Yudansha members prior to the event so you may register. Black belts, please pass this information to the Kyu ranks.



Photo courtesy of Sensei Larry O'Grady

<https://www.eventbrite.ca/e/seikikai-invitational-training-camp-tickets-865908404347?aff=oddtcreator>

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FIVE DECADES OF THE TORONTO WADO-KAI ARE RECOGNISED

On Saturday, March 2, 2024, 54 current and past members of our organisation came together to enjoy an evening of comradeship, good food and spirits, and were entertained with the presentations of well-deserved awards, speeches, and shared memories. Slide shows for past (and present) karate-ka at events and dojos played throughout the evening.

As mentioned in this issue, four senior ranked sensei were recognised for their long service to the organisation over the past five decades. Sensei Dave Manara also mentioned other sensei that are in their fourth and third decades with the organisation and thanked everyone for their continued and valued support.

Before Sensei Manara was called up to the podium to make his presentations, Sensei Steve Borda surprised him, announcing that, on behalf of the senior ranks, he was presenting Sensei with a 60th Year Appreciation Award to recognise his years training in the martial arts, as well as the over five decades of leadership with the organisation.

After Sensei Manara made his presentations, Sensei Borda once again arose to the podium to make a special presentation to Sensei Manara of his rank to 10th Dan, Judan. This rank is presented by the senior ranks of an organisation; it is not awarded by Sensei himself. His senior belts believed it was time Sensei was recognised. The Federation of All Japan Karate-do Organizations no longer exists, but it had published the criteria for this rank in 1971. The requirements include that the incumbent has held the rank of Kudan (9th Dan) for over 10 years and is over 70 years of age. This is in recognition of the many years of experience and sage leadership at such a senior level.

In a note to the Yudansha, Sensei Borda commented, "Sensei Manara has been our Sensei, mentor, and friend over the years. His leadership has kept us all together and progressing. This recognition is well deserved, and I was glad to be a part of it. Congratulations to Sensei Manara for all his efforts."

Special guests included Brenda and John Paul. Brenda was one of Sensei's first students at Ryerson. In good-hearted jest, Brenda's nickname was Ma Parker (Parker being her maiden name), rhyming with the infamous 'Ma Barker'.



Photo courtesy of Sensei Larry O'Grady

Below, the four 50-Year Awards recipients say a few words.



Sensei Ray Kennedy

Sensei Jose-Carlos Garcia

Sensei Steve Borda

Sensei Robb Dods

Photos courtesy of Brenda Paul

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THE AWARD RECIPIENTS



Photo courtesy of Sensei Larry O'Grady



We would also like to recognise Sensei Tony Marziliano who organised for the evening participants to support the Food Bank with donations of food and financial assistance. Tony is shown here with Food Bank founder, Peter Wixson.

<https://www.vaughanfoodbank.ca>

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NEWS FROM CLUBS

ANDRÉ'S BUDO CENTRE, Edmonton AB

Sensei André Beauregard
Rokudan
(6th Degree Black Belt)

Greg Snaith was awarded his 1st Kyu (brown belt). This picture is me with Greg and Sensei **Randy James**. Below is with Greg and the dojo members.

I am attending a Shintani Wado-Kai Karate Association clinic this weekend. Sensei Neil Prime is one of the guest instructors.



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**EDMONTON
Karate Club,
Edmonton AB**

**Sensei Randy James,
Shichidan
(7th Degree Black Belt)**

ST. PATRICK SCHOOL and
NORTH POINTE COMMUNITY
CHURCH

In February we held a Brown belt ranking. Picture is **Perry Iatridis** with our Blackbelts. Below is our crew plus two students on Zoom for the test.



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Edmonton Karate Club, Edmonton,
AB

Happy New Year!?

Here is a very late picture of our annual Christmas potluck. Santa Perry is a professional Santa and a member of our Dojo.



SENSEI MANARA VISITS EDMONTON

On the weekend of April 6th, Sensei **Dave Manara** made the western trek to visit with members of the Edmonton dojos.

This photo was taken after the kids' class ended. Included are, at left, Sensei **Randy James** (7th Dan), Sensei Manara (10th Dan), Sensei **Maxson Arsenault-Reynolds** (1st Dan), the wild bunch; then at right Sensei **André Beauregard**, and Sensei **Tish Prouse** (1st Dan). Sensei Manara enjoyed picking on Sensei Prouse to demonstrate techniques to the children... of course, all with humour and fun.



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In the afternoon we held the youths and adults' seminar with Sensei Manara. In the front row is Sensei **Bill Hynes** (5th Dan) representing the Shintani Wado-Kai in Edmonton, Sensei Randy James, Sensei Manara, and Sensei André Beauregard. Behind is the wild bunch of youth and adult karate-ka, ranging from white belts to black belts. The focus was on linear techniques to use in kumite; of course, the basics were also part of the training.



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EDMONTON APPRECIATION AWARDS

Our service recognition or Appreciation Awards dinner was held at the Mikado Restaurant in Edmonton. It is tradition that we have our dinner there when Sensei visits. The owner took Wado Ryu in the school system in Japan. Pictured are Sensei **Ken Buck** 5th Dan, Randy James, and André Beauregard receiving their awards. Sensei **Ed Young** 6th Dan was not in attendance due to an injury, but Sensei Randy will present him with his 55 Year Award.



We had 40 participants at Sensei's workshops including kids, youths, and adults. Sensei put us through our paces and worked, amongst other things, on sparring drills for speed and relaxation. We are looking forward to his next visit.

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Many Memories – Great Experiences!

We thought we'd share some memories of alumni of the organisation from many years ago.

ALUMNUS – SENSEI JOE CERILLI, YODAN

I joined the Toronto Wado-Kai karate club in 1985 and, although I've given up regular training for the last ten years or so, I've continued practicing my katas at home, in the park, and any other locations large enough to practice my (now slow motion) moves.

Shortly after my family moved to Thornhill, I joined the Thornhill club. I met Wolfgang Franke, the head of the club at that time and my first instructor. I learned that the club was started at Ryerson University by Sensei Dave Manara, senior instructor of the TWKK.

The name, Dave Manara, sounded familiar. When I found out that he worked at Motorola at the time, I realized that after I graduated from Ryerson, Dave had interviewed me for a job at Motorola. As it turned out, he offered me the job, but I had decided to accept a CBC job offer instead.

When I was introduced to Dave, I asked him if he recalled our interview. Yes, he did remember me – apparently, I was the only one to have turned down his job offer.

I continued to train, learn and participate in black belt classes and TWKK tournaments. I met and developed friendships with students and instructors from other clubs. One of those people was Ray Kennedy, a visiting instructor at our club. His approach to teaching gave me confidence that I was capable of advancing.



Joe received his 4th Dan at the 2010 Training Camp

As I continued to train, my children would tag along until they, too, joined the kids' classes. I spent the next eight years teaching kids classes – by choice.

As challenging as it was to corral a group of miniature karate-ka who didn't yet know their right hand from left, it was amazing to watch them grow, learn and advance.

For example, my son David joined the club when he was seven years old and at the age of 16, he got his black belt and continues to practice martial arts (aikido). My daughter Sara, who didn't want to be left behind by her brother, joined when she was six, got her junior black belt, and became an avid physical exercise advocate.

The learning experience; the camaraderie within our club as well as with the other clubs; the tournaments; the annual summer camps at Wasaga Beach; and the friendships among our children became part of our family life.

Currently, my wife and I are retired and live in Victoria, B.C., so we can be close to our grandchildren. I golf all year around and practice yoga to keep me in shape for my golf.



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ALUMNUS – SENSEI JOEL COHEN, GODAN

Well, I can start off by saying my journey took me to the TMU (Ryerson) karate club back in 1979 where I met Sensei Dave Manara. This journey took me on a path that not only molded me into the person I am today, but has taken me on another journey after karate, which ended around 2007 I believe, and I had achieved my 5th Dan.

At almost 69 now, I study and practice Chinese medicine and medical Qigong. It's so easy to hurt the human body even if you know what you're doing, but so much harder to heal it, where my passion lies today. Being a healer is very rewarding. Thanks to Sensei Dave for guiding me and always being there for me even during his busy career. Thank you, Sensei, for everything you do. Namaste!



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OUR CONDOLENCES

Our condolences go out to Sensei Leaton Bernard, whose mother died on March 6, 2024 in Jamaica.

WE REMEMBER

While we mark five decades of the Toronto Wado-Kai, and we know that there are many karate-ka that have come and gone over the years, we have lost some friends along the way.

At the Awards Dinner we paused for a moment to acknowledge and remember four Senior Dan Council Members that are no longer with us.

Sensei



Wolfgang Franke

Freeman Thurston

Ron Sheyan

Jim Sullivan

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TWKK/SEIKIKAI WINTER TOURNAMENT RESULTS	Congratulations to all the participants of the TWKK/Seikikai (Etobicoke) Tournament held on February 17, 2024 http://www.seikikai.ca/Results.html
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Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White – Yellow	Kata	Owen F. , Yellow, Brooklin	Ona M. , Yellow, Seikikai/Etobicoke	Aria M. , White, Seikikai/Etobicoke
	Kumite	Boris T. , Yellow, Seikikai/Etobicoke	Maximillian C. , Yellow, Seikikai/Etobicoke	Owen F. , Yellow, Brooklin
JUNIORS 8 to 10 Yrs				
White - Orange	Kata	Adhya N. , Orange, Seikikai/Etobicoke	Rayaan R. , White, Seikikai/Etobicoke	Anastasios B. , White, Seikikai/Etobicoke
	Kumite	Anastasios B. , White, Seikikai/Etobicoke	Rayaan R. , White, Seikikai/Etobicoke	Nicholas P. , Orange, Seikikai/Etobicoke
Green	Kata	Eva D. , Seikikai/Etobicoke	Thomas K. , Seikikai/Etobicoke	Jasmeh B. , Caledon
	Kumite	Eva D. , Seikikai/Etobicoke	Manasvi G. , Caledon	Jasmeh B. , Caledon
JUNIORS 11 TO 16 Yrs.				
Yellow – Brown	Kata	Taiga R. , Blue, Thornhill	Paul F. , Blue, Seikikai/Etobicoke	Vadym S. , Yellow, Seikikai/Etobicoke
	Kumite	Taiga R. , Blue, Thornhill	Paul F. , Blue, Seikikai/Etobicoke	Michael H. , Orange, Seikikai/Etobicoke
ADULTS				
White	Kata	Emund Stapleton , Natsuoka Annex	Zarrin Tarannum , Natsuoka TMU	Gohul Tharmakulaseeian , Natsuoka TMU
Yellow – Orange		Joy MD Manwer Islam , Yellow, Natsuoka TMU	Daniel Gillis , Yellow, Natsuoka TMU	Owais Lightwala , Orange, Natsuoka TMU
Green – Brown		Nathalie Trinh , Brown, Toronto Goju	Munazir Hashim , Blue, Caledon	Yee-Guan Wong , Blue, Toronto Goju
Black Belts		Eddie Hobart , Shodan-Ho, Natsuoka TMU	Daina Als , Sandan, Oshawa/Pickering	Andrei Petrov , Shodan, Natsuoka TMU
White	Kumite	Emund Stapleton , Natsuoka Annex	Kid Naary Branco , Natsuoka TMU	Newsha Mohammadzadeh , Natsuoka TMU
Yellow – Orange		John Thomas Laramore , Yellow, Natsuoka TMU	Denis Takacs , Yellow, Natsuoka TMU	Sherru Yousafzai , Orange, Natsuoka TMU
Green – Brown		Ali Rouzrokh , Green, Toronto Goju	Sofia Szabo , Blue, McMaster	Yee-Guan Wong , Blue, Toronto Goju
Black Belts		David Zvekic , Sandan, Seikikai/Etobicoke	Daina Als , Sandan, Oshawa/Pickering	Andrei Petrov , Shodan, Natsuoka TMU

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**FROM THE EDITOR:**

Email Purge: I did my best to contact people who have been on my email mailing lists for many years. When I send out notices or each issue of FOCUS, I do not receive (nor expect to) any indication if people receive the emails, or even if the email addresses are still active. Over the past few months, I have tried contacting people on my list. The people who responded are now the only ones on my current lists. Those that did not respond or asked to be removed, have been removed from my distribution lists. If you are reading FOCUS and wish to receive a reminder when it comes out, email your address to me. Everyone can access information on the TWKK website, of course.

Delete the Email: Please remove TWKK@psstnetwork.ca or rdods@psstnetwork.ca from your email address book if you have it saved. The email to use is TorontoWadoKai@gmail.com. (I cancelled the psstnetwork domain).

July Issue Might be Delayed: I'm just giving advanced warning that the July issue of FOCUS might be a bit delayed this summer. Monica and I will be on vacation for about four weeks from the last week in June. If I get bored on the trip (unlikely) I may be able to put the issue together while I am away, but it will more likely not be until I return. I will send out an expected submission date to the Club Heads in June that will likely give more time for you to put something together for that issue.

Pass it Along: As noted above, the only people who receive a notice that an issue of FOCUS is ready are those on my distribution lists. These lists include only black belt ranks and alumni who have asked to be on the list. Because kyu belt karate-ka may come and go, I do not ask for or keep kyu belt emails. I ask that the Yudansha members (the black belts), Club Heads, and Communication Officers pass along reminders to the karate-ka of your dojos each time an issue of FOCUS comes out. This will help with our continued communication efforts. Thanks for your help!

TITLES AND NAMES IN TWKK

It's a small thing, but consistency helps when using titles and names in writing articles for FOCUS, which is often used as a reference for examples. Occasionally, I bring up reminders in the use of terminology. I found a typo on last quarter's issue of FOCUS, and I thought it was a good time to mention the correct spelling for some terms we use.

Karate-ka or Karateka? The term for a student of karate is '**karate-ka**'. You will find it written sometimes without the hyphen, but in the Toronto Wado-Kai literature we use the hyphen. It might be capitalised when being emphasised, but it usually isn't.

What is the difference between Sensei and sensei? Capitalised, it is the formal address for an instructor, like using Dr (doctor) before a name. With the lower case, sensei means instructor in general; and both can mean singular or plural. Some examples are, 'He is the sensei of that dojo'; 'All the sensei of the clubs got together'; 'Sensei Manara visited our dojo'; 'Sensei Steve and Ray also visited'.

While we do sometimes use the term Sensei in front of each name in a list, it is not necessary, but we might do this as a form of respect, or when there may be someone in the list that is not a sensei. An example of this would be 'Sensei Dave, Sensei Steve, Sensei Ray, and John Smith attended.' Since the plural of Sensei and sensei is spelled the same way (we do not add an 's' – i.e., senseis), listing each honorific may help the reader distinguish who is a sensei and who is not in a list a people.

How about Wado-Kai? The name Wado-Kai can be seen with or without the hyphen, but in the Toronto Wado-Kai Karate Club Ltd. organisation, the hyphen is used.

What is the Senior Dan Council? Active ranks of Yodan (4th Dans) and higher are members of the Senior Dan Council, which represents the senior ranks of the organisation. While Sensei Manara more regularly confers with those named as directors of the organisation, there are times he would like the opinions of the senior ranks and will look to the Council for input. While there are members of the Council you may not see training, they are likely actively providing support to the organisation in other ways. Last year the list of Council members was reduced because there were names of members who have been retired and inactive with the organisation for a while.

If you have any questions about terminology used in our organisation, please forward your requests to me. We can all benefit from the answer to a question. >Editor Robb Dods

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ARE YOU AN ENTREPRENEUR? BECOME A CLUB HEAD!

I bet running a karate club didn't come to mind as a business opportunity!

Black belts of the TWKK have started their own clubs, or they have run clubs started up by Sensei Manara. Running a club is a business, a straightforward one, that has many benefits. The Club Heads will share their experiences and expertise in running clubs with each other and can help new startups with practical advice.

A karate club is an uncomplicated business. Most instructors rent space by time, out of public locations like churches, community centres, schools, and the like, so the rental overhead is low compared to renting a location full-time.

The TWKK clubs may not be quite a turn-key operation, but it comes close in that the knowledge and experience of running a club is readily available from others.

If you think you have what it takes to run a small business or become a Club Head, then contact Sensei Manara. The lesson I learned early about business finances is that it wasn't as much about what I made, as it was about what I could keep in managing a home-based business while still working in my profession. > Sensei Robb Dods

TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

AJAX-PICKERING (currently not open) – Daina Als
 André's Budo Centre (Edmonton) – André Beauregard
 BROOKLIN-WHITBY – Mark Illy
 CALGARY – Steve Henrich
 CLARINGTON (currently not open) – Robin Singh

EDMONTON – Randy James
 OSHAWA-WHITBY – José-Carlos Garcia
 SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
 THORNHILL – Biller Ching & Dave Manara
 YUDANSHA HOMBURU (Thornhill) – Dave Manara

TORONTO WADO-KAI SENIOR DAN COUNCIL

Judan (10 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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