

APRIL 2025

INTRODUCTION

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(10th Degree Black Belt)

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(8th Degree Black Belt)

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(7th Degree Black Belt)

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COMMUNICATIONS DIRECTOR & FOCUS EDITOR:

Robb Dods, Rokudan
(6th Degree Black Belt)

WEBSITE DIRECTOR:

Leaton Bernard, Rokudan
(6th Degree Black Belt)

Unlike the last issue, I hope I will not be sending out any corrections after the fact with this one. I used an old template for the Main Yudansha list of dates, without realizing there were more changes to be made than I originally thought. But I'm sure you will agree that, although I am a black belt, this proves there is always room for improvement. (Either that or it's just senility creeping in; either way, Sorry about that, Chief)! (Oh, oh, I'm dating myself).

The next **Tournament** is on **Saturday, April 26th** at the Etobicoke Olympium. Details are in this issue. The results of the last tournament are also included. I wanted to reflect on the important lessons we get when participating in tournaments, so I have provided my thoughts in an article.

Congratulations to all competitors who stepped into the ring and quelled those butterflies in your stomachs. Part of your training is developing your ability to step up and face the unknown!

To all our karate-ka outside of the GTA and outside of Ontario, we wish you were here to join us at the tournaments.

We have some news from a few clubs. Thank you for sharing. We are always looking for your input, stories and ideas. Do not be afraid to send me articles or questions for that matter so we can answer them for all to read.

I heard there was a very good turnout at the Main Yudansha in March. We hope this is the trend for 2025!

Our readers love pictures! Although we can't go overboard for any one club, the more we have to work with the better!

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



TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM COMMUNICATIONS: TORONTOWADOKAI@GMAIL.COM
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Spring Tournament at the Etobicoke Olympium

Saturday, April 26

Registration is on-line only and closes April 24th.

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, byes 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 your instructor.

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.

Everyone Register at:

<https://www.eventbrite.ca/e/seikikai-invitational-karate-tournament-tickets-1048999394427?aff=oddtcreator>

For the **Password**: Local Yudansha members should have received an email already, so check with your sensei, but if you need it, contact Sensei Steve Borda or Robb Dods.

Please note that the tournament will be on the main floor of the Etobicoke Olympium, in the gymnasium.



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NEWS FROM CLUBS

EDMONTON Karate Club, Edmonton AB

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

NORTHPOINTE COMMUNITY
CHURCH
14025 - 167 AVE., EDMONTON

Please note, we have moved the location for our club back to Northpointe Community church located at 14025 - 167 Ave. in Edmonton.

Classes are on Monday and Wednesday held at 6:30 - 8:00 pm.

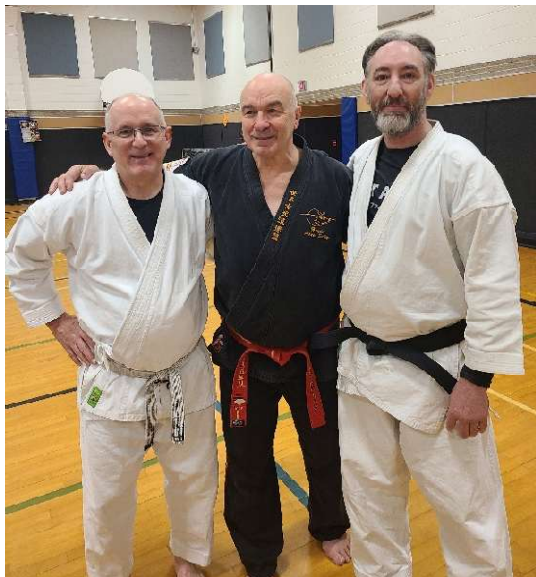
ANDRE'S BUDO CENTRE, Edmonton AB

Sensei André Beauregard
Rokudan
(6th Degree Black Belt)

ANDRE'S BUDO CENTRE
TUESDAYS & THURSDAYS

Sensei **Ken Buch**, Godan, (Edmonton Wado-Kai) and I attended a Goshindo clinic organized by Sensei **Bill Hynes**, Godan (Millwood karate club Shintani Wado-Kai, Edmonton).

Also, congratulations to **Greg Snaith** on being awarded his Shodan-Ho rank.



André, Hanshi Alain Sally, Ken



André and Greg

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THORNHILL Karate Club, Thornhill ON

Sensei Dave Manara
Judan
(10th Degree Black Belt)

Sensei Biller Ching
Rokudan
(6th Degree Black Belt)

C.O. Marion Dimand
Yodan
(4th Degree Black Belt)

THORNHILL COMMUNITY
CENTRE

TUESDAY & THURSDAY

The first quarter of 2025 saw some new promotions, and new students!

In mid-January two ladies were promoted on the same day:



- **Viona R.** was promoted to yellow belt
- **Nazanin Rashidi**, experienced black belt in a similar karate style, was promoted to brown belt

In addition, some of the club students who attended the January 25th tournament had great success:

- **Leaton Bernard** won gold in both the black belt kata and sparring
- **Nazanin Rashidi** won gold in both adult yellow – brown kata and sparring

Congratulations to these participants!

From the Thornhill Dojo, wishing all karate students in all clubs a very good spring 2025!



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BROOKLIN Family Karate Club, Brooklin, ON

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

BROOKLIN UNITED CHURCH
MONDAY AND THURSDAY

Good day my fellow Karate-ka, and greetings from the Brooklin Club. 2025 has been an interesting one thus far at the Club and our students continue to train and advance in their rankings.

Recently we had a ranking where two of our students, **Tommy** and **Nate**, were promoted successfully to yellow belt and green belt respectively. Both students performed very well at the grading and demonstrated excellent knowledge of their techniques.

We are embarking on a push to replenish our student numbers so that we can get more new karate students into the Club and keep our growth of students going.

We look forward to seeing everyone at the next tournament and wish everyone all the best.



Tournament Pictures



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**TWKK / SEIKIKAI
FALL
TOURNAMENT
RESULTS**

**Congratulations to all the participants of the
TWKK/Seikikai (Etobicoke) Tournament
held on January 25, 2025**

Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White – Green	Kata	Liam D. , Green, Seikikai/Etobicoke	Nicole H. , White Seikikai/Etobicoke	Prerna M. , White Seikikai/Etobicoke
	Kumite	Mykola S. , White Seikikai/Etobicoke	Liam D. , Green, Seikikai/Etobicoke	Prerna M. , White Seikikai/Etobicoke
JUNIORS 9 to 12 Yrs				
White – Orange	Kata	Sam R. , Orange, Seikikai/Etobicoke	Ethan L. , Yellow, Seikikai/Caledon	Owen F. , Orange Brooklin
	Kumite	Sam R. , Orange, Seikikai/Etobicoke	Ethan L. , Yellow, Seikikai/Caledon	Miguel A. , Orange, Seikikai/Etobicoke
Green – Blue	Kata	Adhya M. , Green Seikikai/Etobicoke	Eva D. , Blue, Seikikai/Etobicoke	Thomas K. , Blue, Seikikai/Etobicoke
	Kumite	Adhya M. , Green Seikikai/Etobicoke	Brindhya S. , Blue, Seikikai/Etobicoke	Thomas K. , Blue, Seikikai/Etobicoke
13 Yrs to Adult				
Yellow – Brown	Kata	Nazanin Rashidi , Brown, TWKK Thornhill	Taiga R. , Blue, Seikikai/Etobicoke	Mukul Pal , Yellow, Seikikai/Etobicoke
Black Belts		Leaton Bernard , Rokudan, TWKK Thornhill	David Zvekic , Sandan, Seikikai/Etobicoke	Mark Illy , Sandan, Brooklin-Whitby
Yellow – Brown	Kumite	Nazanin Rashidi , Brown, TWKK Thornhill	Mukul Pal , Yellow, Seikikai/Etobicoke	Taiga R. , Blue, Seikikai/Etobicoke
Black Belts		Leaton Bernard , Rokudan, TWKK Thornhill	David Zvekic , Sandan, Seikikai/Etobicoke	Joel Springer , Shodan-Ho, Seikikai/Etobicoke



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Congratulations to the Medal Winners of the TWKK/Seikikai Winter Tournament



Nicole, Liam, Prerna



Liam, Mykola, Prerna



Owen, Sam, Ethan



Miguel, Ethan, Sam



Eva, Adhya, Thomas



Brindha, Adhya, Thomas



Mukul, Nazanin, Taiga



David, Leaton, Mark



Joel, Leaton, David

Pictures by Cindy O'Grady

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Tournament Pictures



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What is a Tournament About and Why Should I Care?

By Robb Dods, 6th Dan

At a recent tournament there was a small young group of four competitors of lower rank experiencing their first tournament. Of the four, three received medals for first, second and third places. In the 'old' days, we used to adjust the number of medals for the size of the group; in this case there might have only been one medal handed out for first place. However, we try to ensure as many medals go out as possible, and for all groups the gold, silver and bronze medals are awarded, and that is the limit. In this instance, it meant one child did not receive a medal, but two more competitors did receive medals than would have been the case in the past.

'What do you think a Tournament is all about?'



Parents and instructors should explain to our students that tournaments are not about winning medals. The expectations of the students should be managed such that they understand this.

Being awarded a medal means that at a particular point in time, you were judged for your performance and, based on your level of effort and skill, you achieved recognition. Medals are not handed out as participation awards. This is a very valuable lesson in life - you may be recognised for your efforts and achievements that may translate into success, but you will not attain success (or a medal) just for showing up, or without putting forward your effort, knowledge and skill.

Tournaments are a very important part of our martial arts training. One lesson is of humility, in understanding that if we win a medal, we are not better than others; rather that we put forth the effort and did the things correctly that day at that moment to attain the achievement. It may have been your goal to win a medal, but it also may have come as a surprise to do so, a surprise that may be more gratifying. To lose a fight or score a little lower for a kata only means that you can do better next time, which is a goal to reach through more training.

Tournaments are not about winning medals

Every tournament experience is a benchmark from which we can measure our improvement.

You may not win a medal in one tournament, you may win third place at another tournament, and you may finally win a first place; or, you may have gone up in rank since the last time you competed, so the competition becomes better and it seems like you have to start over. In karate, we measure our effort against ourselves and watch others in class, learning to increase our skills and abilities over time. The experience of a tournament is an external measure where other instructors can provide feedback through competition to note where you can improve in your effort and technique. Whether you win a medal or not, you might ask the judges afterwards what they saw in your performance as to where you could improve. From the experience, you have something to work towards for the next tournament.

Everyone gets the butterflies!

It does not matter what rank you hold, beginner or black belt, everyone is nervous before getting into the competition ring, everyone feels those butterflies in the stomach. Once you start your kata, or the moment the center judge calls, 'Hajime!' those butterflies go away. A person that experiences fear but has the ability to step up anyway is a person we recognise as being brave. With experience, while the butterflies do not go away, you learn that you can conquer your fear and are able to step into the ring, time and again. You have achieved your success by doing so. Anything after that is a bonus, whether it is a higher score than last time, or scoring more points than before, or finally being awarded a medal in recognition of your efforts. The medal itself is not the goal. Making the effort is.

Often as I attend tournaments, I have an 'eternal tune' of a popular song in my head with the lyrics, "*I get knocked down, but I get up again. You're never gonna keep me down!*" That's how I see our students as they step into the ring. When I fill out the results table after each tournament, sometimes I see the same names for students that one a medal in a previous event, Their rank may have changed, which means their performance has improved as well. However, I also see new names added, which indicates how more students have achieved a goal, stepping into the ring.

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I have a box of medals in my basement, most of which are for second and third places. That box also represents all the tournaments in which I competed but did not win a medal; the medals that are not in that box represent the years of my attempts, my improvements and achievements. There is one gold medal that is special to me; it was for winning a team kata in competition, I did not win it alone. I am rather proud that particular gold medal was for a team effort to achieve a goal. That has been my creed in life, I do my best when working with others.

Tournaments are for training

So, students, parents, instructors, remember that the tournaments are for training the students who are learning to face their fears; learning to improve; learning humility both in loss and wins; learning integrity with the acceptance of the outcome, win or lose; learning sincerity in congratulating those that beat us in a match or scored higher, and humbly thanking those who helped us along the way to achieve our goals.

I truly believe we learn more from a loss than a win.



Never be disappointed you didn't win a medal. Feel proud you stepped into the ring!

TWKK/Seikikai Winter Tournament Participants



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OUR CONDOLENCES

We share our condolences with sensei **Kim Duggan** and **Dan Duce**. Kim's father, **Arthur McDonough** died January 6, 2025, at the age of 87. <https://funerairepassagefuneral.ca/en/arthur-joseph-mcdonough/>

Also, it was sad to hear **Albert van Dreumel** died on March 25, 2025, at the age of 88. Albert and his daughter Lisa were members of the Oshawa Wado-Kai.

<https://www.northcuttelliott.com/obituaries/Lambertus-Theodorus-Van-Dreumel?obId=40081339>



TORONTO WADO-KAI KARATE CLUBS AND CLUB HEADS

ANDRÉ'S BUDO CENTRE (Edmonton) – André Beauregard
BROOKLIN-WHITBY – Mark Illy
CALEDON – Steve Borda
CALGARY – Steve Henrich
CLARINGTON – Robin Singh

EDMONTON – Randy James
PICKERING-AJAX – Daina Als
SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
THORNHILL – Biller Ching & Dave Manara
YUDANSHA HOMBUR (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
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, Anthony Woodward, Heather Woodward
Godan (5 th Degree Black Belt)	Ken Buck, James Darker
Yodan (4 th Degree Black Belt)	Chester Buczek, Marion Dimand

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