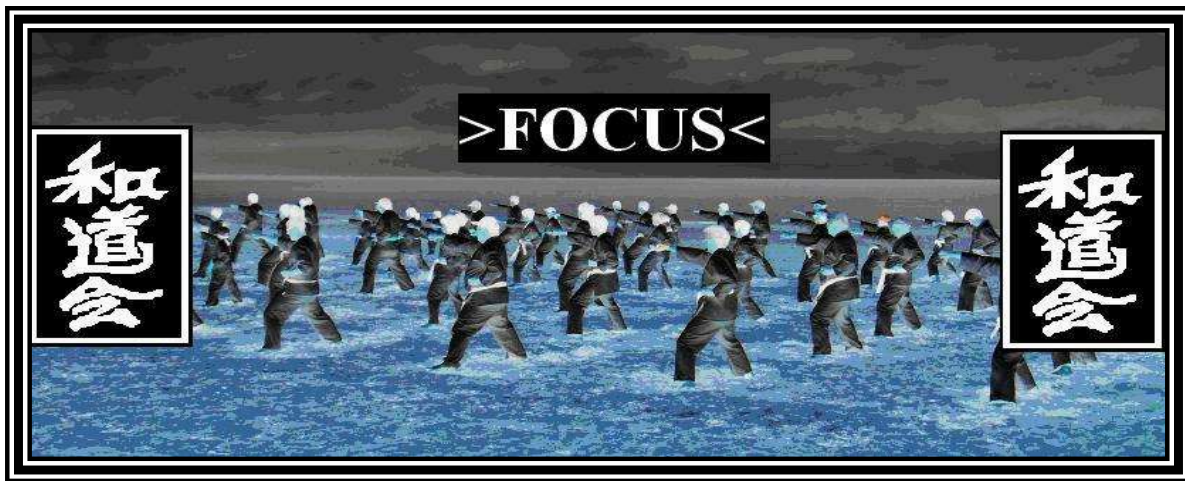




JULY 2026

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(10th Degree Black Belt)

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Sensei Leaton Bernard, Rokudan
(6th Degree Black Belt)

和道会

INTRODUCTION

Happy Summer, everyone!

We are just getting over a heat-wave in southern Ontario (I love the heat!), and Monica and I just got back from a vacation down by the Sandbanks in Prince Edward County the weekend before Canada Day.

Congratulations to Sensei **John Lobo** who was presented with the **Shintani Award** at the Training Camp on June 20th. Well deserved for all your support of the organisation and hard work at the Etobicoke dojo. Also, congratulations to the **Athletes of the Year Award** winners at Camp. This is something Sensei Steve Borda introduced at Camp to recognise students who have been coming out to the tournaments regularly.

The Training Camp was a great success! Good attendance this year; beautiful weather, no bugs, not too hot, just a perfect day for working out. Thanks to the many instructors who took their time to put together special training sessions. There was a lot of choice this year that was much appreciated by the attendees.

Make note in your calendars that the next **Tournament** at the Etobicoke dojo will be **Saturday, November 28th**. The Seikikai Martial Arts purchased mats and has provided them for the tournament rings, which has made the gym's cement floor much more comfortable.

Read in this issue an interview with an old friend, Sensei **Andrew Marshall**, who made a surprise appearance at the April Tournament. I asked him to share his remembrances with us as a TWKK Alumnus and he graciously consented.

I hope everyone had an enjoyable Canada Day! We sure had a hot one here.

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



TORONTO WADO-KAI KARATE CLUB LTD.

TORONTO WADO-KAI WEBSITE: WWW.TORONTOWADOKAI.COM

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2026 Shintani Award Recipient

The Shintani Award is presented to a TWKK member who has demonstrated the qualities represented by the award: Sincerity, Dedication and Humility.

Congratulations to Sensei **John Lobo**, Yodan with the Seikikai Martial Arts club, Etobicoke ON, who received the 2026 Shintani Award at the Training Camp in June.

Kiyoshi **Steve Borda** and Hanshi **Dave Manara** presented the **Shintani Award** to Sensei **John Lobo** for all his dedication and hard work.





2026 TRAINING CAMP A SUCCESS

It was a spectacular day that greeted everyone at the Borda farm for the 2026 Karate Camp. The weather was fabulous, not too hot, not too humid. A nice little breeze kept the bugs away. The camp started at 9:50 in the morning and ran until 3:30 in the afternoon.

This year, we had 11 instructors, three different sessions were being held at the same time, so a lot of diverse techniques and instruction was being held.

First thing in the morning, we had Kiyoshi **Ray Kennedy** doing advanced kumite with the 9 to 12-year-olds. In a parallel session, we had Sensei **Mike McCarthy** from Natsuoka Karate do flow drills and throws seminar.

The 6 to 8-year-olds (starting the day at 11:00 AM) had Sensei **Katie Hogg** from Natsuoka Karate doing Karate Olympics. The 9 to 12-year-olds had fun with Renshi **Biller Ching** doing martial arts games. Meanwhile, Hanshi **Dave Manara** conducted advanced kumite with the teen/adult group.

A pizza lunch was enjoyed while some karate-ka took turns attacking the Redman!

Our thanks to Sensei **Roman Voznyy** for being the brave soul to be the Redman!

After lunch the 6 to 8-year-olds had Sensei **John Lobo** introduce them to Kihon No Bo. Sensei **Chester Buczek** conducted elements of sparring with the 9 to 12-year-olds. Kiyoshi **Steve Borda** led the teen/adult group through Yuniga No Bo, an advanced Bo kata.

The final sessions of the day had Sensei **Marion Dimand** conducting karate stability with the 6 to 8-year-olds. They also had some fun with Bob!

Renshi **Larry O'Grady** introduced the 9 to 12-year-olds to the bo, with Kihon No Bo kata. Sensei **Mark Illy** conducted a flow drill using elbows called Hiji Ate Goho.

To finish off the day, Kiyoshi Steve Borda presented **Athletes of the Year Awards** to the following:

6 to 8-year-olds - **Mykola S.**



9 to 12-year-olds - **Nicholas P.**





Teens - **Alden W.**



Adults - Sensei **Leaton Bernard**



Another successful Karate Camp Day at the Borda ranch!



(That's Bob in the middle)







NEWS FROM CLUBS

EDMONTON Karate Club, Edmonton AB

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

NORTHPOINTE COMMUNITY
CHURCH
14025 - 167 AVE., EDMONTON

These are some of our karate-ka who made good use of the Mother's Day photo booth at the Church where we train. This was taken after a class.

Front row - Sensei **Ken Buck**, Godan, **Mary Macdonald**, Shodan, **Laurie Wiles**, Nidan

Back row - Sempai **Perry Iadridis**, Shodan-ho, **Mike Carreau**, 2nd Kyu, **Fabian Verbicki**, 3rd Kyu, **Harry Riedel**, 5th Kyu





Testing season at our club:



Fabian Verbicki holding 2nd Kyu certificate.



Adrienne Odsen holding 5th Kyu certificate, with her mother Meghan kneeling in front who used to be our student.



Harry Riedel holding 4th Kyu certificate



Mike Carreau holding 1st Kyu certificate



Dylan Fung holding Shodan certificate, with his dad Sensei AI beside him. Sensei Ed is on zoom.

SEIKIKAI Martial Arts, Etobicoke ON

Kyoshi Steve Borda,
Hachidan
(8th Degree Black Belt)

ETOBICOKE OLYMPIUM
Monday, Wednesday & Sunday

We have had quite a few rankings since the last newsletter.

Congratulations to **Nicole** on achieving her Orange belt and **Solomon** achieving his Yellow belt.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



Congratulations to **Taiga**, **Faith**, **Riddhi**, and **Ryan** on all receiving their Shodan-ho ranks.



Congratulations to **Oleksandr** on achieving his Green belt, and **Nicole** on achieving her Yellow belt.





We finally got our mats for the Olympium and Sensei Steve led a class in take downs and joint locks.



Compliments of FIFA (for taking up the gyms at the Etobicoke Olympium), we ended up conducting class outside on a beautiful Friday evening.





Just a reminder to everyone that the Etobicoke classes continue to run through the summer. Feel free to join us on any Sunday 6 – 8:30, Wednesday 6 – 8:30, or Friday 6:30 – 9:00. There is lots of free parking.

ANDRÉ'S BUDO CENTRE, Edmonton AB

Sensei André Beauregard
Rokudan
(6th Degree Black Belt)

ANDRÉ'S BUDO CENTRE
TUESDAYS & THURSDAYS

On April 18th, **Greg Snaith** was awarded for his Shodan. Sensei **Randy James**, 7th Dan, was invited to the grading since he was Greg's first sensei up to his blue belt. So, a great Congratulation to Greg on his achievement. Greg, his wife Carol, and their daughter Gillian moved to Calgary at the end of April. (*Maybe he can meet up with Sensei Steve Henrich*).



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



THORNHILL Karate Club, Thornhill ON

Hanshi Dave Manara
Judan
(10th Degree Black Belt)

Renshi Biller Ching
Rokudan
(6th Degree Black Belt)

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

THORNHILL COMMUNITY
CENTRE

TUESDAY & THURSDAY

The second quarter of 2026 was a relatively quiet one for the Thornhill dojo. There were no rankings within the Toronto Wado-Kai Karate Club; however, there was the April Seikikai Invitational Karate Tournament and the June Training Camp. No doubt, other articles will highlight these events.

The Thornhill Dojo had three medal winners at the April Seikikai Invitational Karate Tournament. In the following picture are the winners, **Leaton Bernard**, **Vionna R.** and **Oliver R.**, proudly displaying their medals. As the photo clearly shows, people of all ages can achieve success with karate!



Leaton Bernard was also awarded the Athlete of the Year 2025 – 2026. Congratulations to Leaton for earning this well-deserved award. The photos below show the writing on the award, and Leaton standing with it, with three senior club members, Hanshi **Dave**, Renshi **Biller** and Sensei **Chester**.



> FOCUS <

TORONTO WADO-KAI KARATE CLUB LTD.



CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Yudansha members recently promoted.

To Shodan: **Dylan Fung**, Edmonton Club, **Greg Snaith**, Andrés Budo Centre, Edmonton

To Shodan-ho: **Taiga R.**, **Faith S.**, **Ryan Zannier**, Seikikai Martial Arts, Etobicoke

Riddhi S., Caledon Club

Our Condolences

It is with sadness we share that Sensei **Ilona DeCaen** (née Takacs) died Sunday, May 3, 2026. Ilona trained into the early 1980's, attained her Shodan, and ran a kids' club at the Masaryk-Cowan Community Recreation Centre in west-end Toronto. (Sensei John Vorros and Claire King took over this club for a short time when Ilona and Stephane moved out to their farm in Bolton).

Ilona operated her own dog grooming business for many years, called Golden Clippers. Many will remember her for her great humour and the Hallowe'en and pool parties at her home in Etobicoke; and an especially memorable kata at Training Camp at Rice Lake when, at the last move of the kata, with her fists held high and a sudden "whoop!", Ilona's Gi pants dropped to the ground (luckily, she had a bathing suit underneath). That was a real photo-finish to a kata!

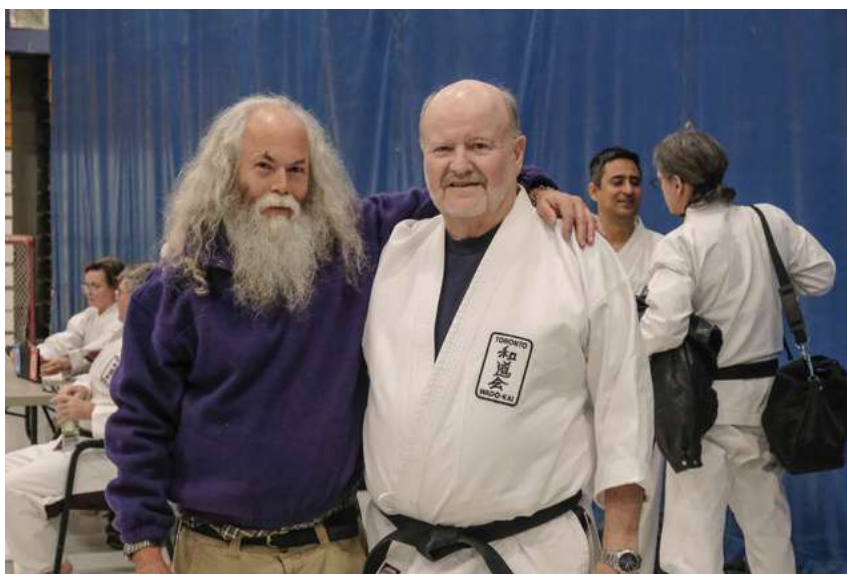


At Sensei Manara's 50th Celebration in the Martial Arts, in 2013
From left to right: Ilona, Monica Ross, Claire King, John Gallagher



TWKK Alumnus, Sensei Andrew Marshall, Nidan

At the April Tournament we had a special guest appear, someone many of us had not seen in ages, Sensei Andrew Marshall. Looking like a character out of an old martial arts movie, it was a great pleasure to meet up with Andrew once again. Andrew is remembered by many for leading the Saturday morning workouts at the Ryerson dojo. We asked if he would give us a little history, similar to the Senior Dan Council interviews we have had in the past. Here's what Andrew shared, waxing a little philosophically as he thought back.



Why did you start training in karate with the Toronto Wado-Kai?

Andrew: It was there, I was at school and it was something I always wanted to do since grade seven.

How old were you when you started karate? Who was your first instructor?

I was probably 18-ish. Sensei Manara was the main instructor at the time at Ryerson. When I first talked to him, he came across as honest and sincere. When I said I would sign up for a year he suggested I just sign up for three months and go from there; most other clubs would have suggested I sign up for five years and just take the \$\$.

What were your first impressions of the TWKK club and of the organisation back then?

I had nothing to compare it to, but it was fun, the emphasis was always on partner safety and, even though some of us were struggling, Sensei Manara and the senior belts were always understanding.

Watching half-time seniors sparring was always a treat and inspirational.

[Editor: Half-time sparring sessions were at break time, often with Sensei Manara and a volunteer).

What was your profession back then? Did your career change during the same period of time with the TWKK organization?

I started as a student, as my educational timeframe spanned more years than most, so did my life's activities. After graduation, I settled into an Engineering career, where I am still.



Tell us a little about how far you trained with your sensei before branching out (if you did) or left your training.

As mentioned, my education spanned many years, so did my training. As for branching out, I didn't ever consider leaving Wado-Kai; I tried clubs that were convenient at the time; all were different but, to me, they all lacked the basic discipline and caring that I felt at Ryerson.

I primarily stopped training due to some personal life events followed by health issues.

Tell us about the friends you made as a result of being part of the TWKK.

This may not sound good, but I made many friends of convenience (though I still consider them friends). However, I have only kept in touch with one life-long friend locally, and a couple who are out of province. For me, that in itself is an achievement.

Many of the people in the club I met, and respect up to this day, while they exist in the friends of convenience group, I still consider them friends.

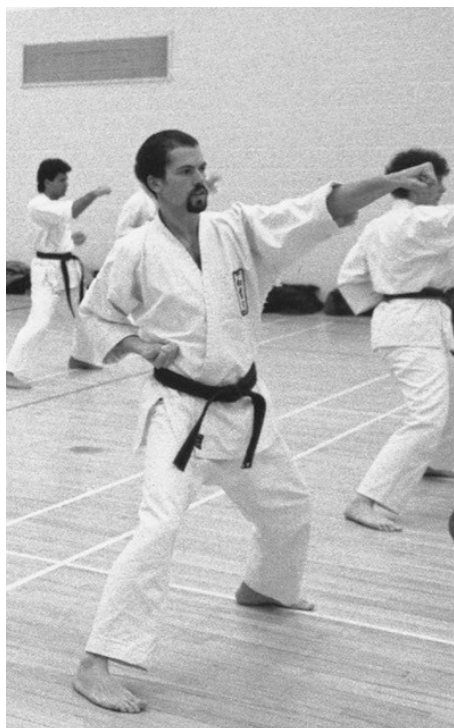
Having an instructor whose focus is the well-being of his/her student... should be looked upon as a gift.

When I first joined, I remember Sensei Manara telling me, "You will get out of karate only what you put in". I guess I didn't put in a hell of a lot of effort on the making friends side. That hasn't really changed throughout my life.

What do you consider your main achievements in your karate career?

Gaining self confidence and the ability to focus and shut off the world around me. Probably sounds weird, but the colour of the belt I wore was never considered an achievement; it was a byproduct of the instilled discipline of Karate, show up and give 110% every time. Saying that, I need to add discipline as something that was a main achievement.

What highlights of your karate involvement can you share?



This is where I fell short miserably, I never allowed myself to be involved. Through karate/martial arts I began to realize things about myself that I didn't necessarily like and, the standards I expected of myself, others didn't necessarily agree with. So, I limited my involvement to hide my weaknesses. This was likely my biggest loss.

Anything else you want to share?

Having an instructor whose focus is the well-being of his/her student as much as the development of technical skills is difficult to come by and should be looked upon as a gift.

I was incredibly lucky when I signed up at Ryerson that day. I have trained in many styles, in many places, some were harder on the physical training but lacked emphasis on basics. Some focused on fighting but lacked safety and respect for each other, and others were comprised of self-inflated egos. I have never felt as welcome as I did when I joined the Toronto Wado club back in the 80's and will be forever grateful for the patience and direction provided to me over the years by the many people that helped make me who I am today.

Thanks to all, and I hope we meet again.

< Andrew at Ryerson dojo, 1987



**TWKK/SEIKIKAI
TOURNAMENT
RESULTS**

**Congratulations to All the Participants of the
TWKK/Seikikai (Etobicoke) Tournament
Held on April 25, 2026**

Division	Event	1 st Place	2 nd Place	3 rd Place
CHILDREN 6 to 8 Yrs				
White – Orange	Kata	Mykola S. , Orange, Seikikai/Etobicoke	Perna M. , Orange, Seikikai/Etobicoke	Aiza J. , White, Seikikai/Etobicoke
	Kumite	Mykola S. , Orange, Seikikai/Etobicoke	Oliver R. , Yellow, Thornhill	Perna M. , Orange, Seikikai/Etobicoke
JUNIORS 9 to 11 Yrs				
White – Yellow	Kata	Tommy C. , Orange, Brooklin	Natalia A. , Green, Seikikai/Etobicoke	Ethan L. , Green, Seikikai/Caledon
	Kumite	Ethan L. , Green, Seikikai/Caledon	Natalia A. , Green, Seikikai/Etobicoke	Tommy C. , Orange, Brooklin
JUNIORS 12 to 15 Yrs				
Orange – Brown	Kata	Alden W. , Green, Seikikai/Etobicoke	Oleksandr T. , Orange, Seikikai/Etobicoke	Sam R. , Blue, Seikikai/Etobicoke
	Kumite	Viona R. , Blue, Thornhill	Alden W. , Green, Seikikai/Etobicoke	Nicholas P. , Orange, Seikikai/Etobicoke
ADULTS				
White – Orange	Kata	Andrew Mukama , White, Natsuoka Annex	Jaz Santany , Orange, Natsuoka TMU	Omar Metwali , Yellow, Natsuoka Annex
	Kumite	Andrew Mukama , White, Natsuoka Annex	Jaz Santany , Orange, Natsuoka TMU	Samrawit Muluget Haish , Orange, Natsuoka TMU
Green – Brown	Kata	Matthew Hvizdos , Green, Natsuoka TMU	Nathalie Trinh , Brown, Toronto Goju	Ali Rouzrokh , Brown, Toronto Goju
	Kumite	Matthew Hvizdos , Green, Natsuoka TMU	Nathalie Trinh , Brown, Toronto Goju	Ali Rouzrokh , Brown, Toronto Goju
Black Belts	Kata	Katherine Hogg , Shodan, Natsuoka Annex	Leaton Bernard , Rokudan, TWKK Thornhill	Aubrey Friesner , Shodan, Toronto Goju
	Kumite	Leaton Bernard , Rokudan, TWKK Thornhill	David Zvekic , Sandan, Seikikai/Etobicoke	Katherine Hogg , Shodan, Natsuoka Annex



Congratulations to the Medal Winners at the TWKK/Seikikai Tournament



Aiza, Mykola, Prerna



Oliver, Mykola, Prerna



Ethan, Tommy, Natalia



Oleksandr, Alden, Sam



Alden, Viona, Nicholas



Omar, Andrew, Jaz



Samrawit, Andrew, Jaz



Ali, Matthew, Nathalie

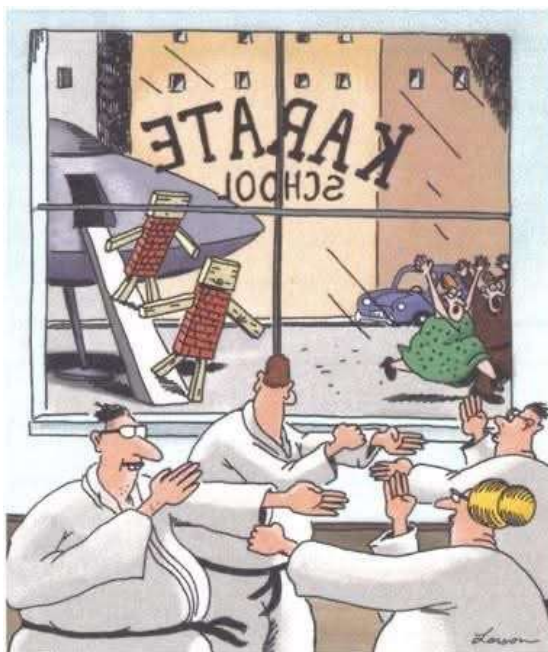


Leaton, Katherine, Aubrey



David, Leaton, Katherine





The class abruptly stopped practicing. Here was a chance to not only employ their skills, but also to save the entire town.

Gary Larson cartoon sent in by Sensei Ron Ruskay

TORONTO WADO-KAI KARATE CLUBS AND SENSEI CLUB HEADS

ANDRÉ'S BUDO CENTRE (Edmonton) – André Beauregard

BROOKLIN-WHITBY – Mark Illy

CALGARY – Steve Henrich

CLARINGTON – Robin Singh [Temporarily closed]

EDMONTON – Randy James

SEIKIKAI MARTIAL ARTS (Caledon) – Steve Borda

SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda

THORNHILL – Biller Ching & Dave Manara

YUDANSHA HOMBU (Thornhill) – Dave Manara

TORONTO WADO-KAI SENIOR DAN COUNCIL

JUDAN

(10th Degree Black Belt)

Hanshi Dave Manara

HACHIDAN

(8th Degree Black Belt)

Kyoshi Steve Borda, *Kyoshi* Ray Kennedy

SHICHIDAN

(7th Degree Black Belt)

Renshi Larry O'Grady, Randy James, Robb Dods

ROKUDAN

(6th Degree Black Belt)

Renshi Biller Ching, André Beauregard, Leaton Bernard, James Darker, Steve Henrich, Tony Marziliano, Anthony Woodward, Heather Woodward, Ed Young

GODAN

(5th Degree Black Belt)

Ken Buck

YODAN

(4th Degree Black Belt)

Chester Buczek, Marion Dimand, John Lobo, Steve Schlichtman, Maksym Voznyy