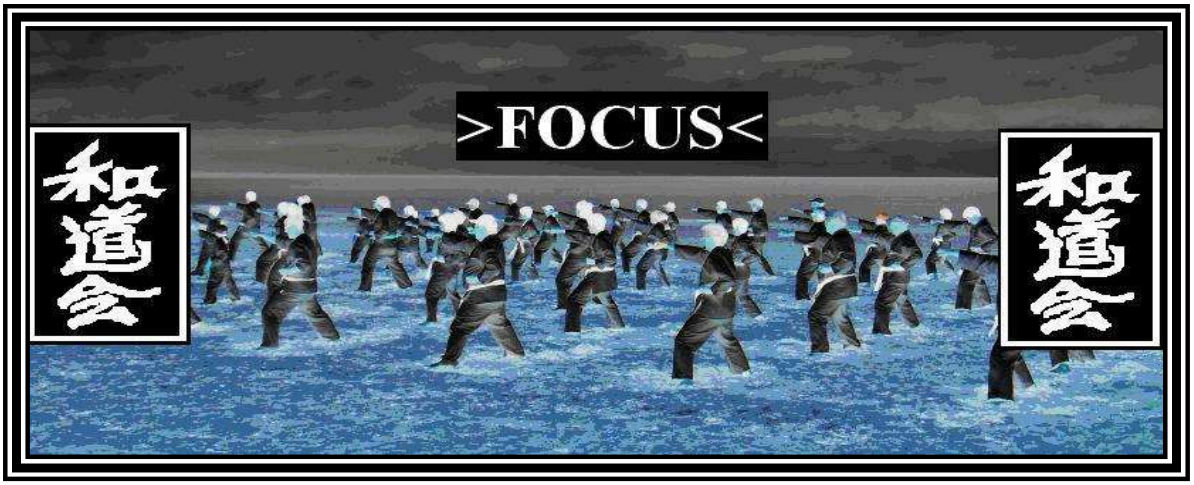


OCTOBER 2026

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***Hanshi* 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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Sensei Robb Dods, Shichidan
(7th Degree Black Belt)

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

INTRODUCTION

Welcome back, everyone!

I say 'back' because it often feels, for many returning in September after a break over the summer, that it is like returning to school in the Fall; which kind of makes it feel like the karate year starts in September. This is not the case, of course, since we all start our karate training at different times and usually mark our anniversaries in training from that point; but with some dojos being off over the summer, or with many students away during that period, returning to the dojo in September seems to give the feel of renewal to the training.

Speaking of renewal, I have been considering sending out an invite to our readers each quarter to ask you to send in your own writing or ideas for articles. I usually only notify our Club Leaders and the Communication Officers that I'm looking for submissions for the next issue of FOCUS. Why not expand that to everyone and see what we get?

Your submissions must follow the key rule that it be about or relate to the TWKK and its strictures on training. The editor (me) and Sensei Manara will give the approval (or not) to publish, and the items will be edited as we see appropriate, both in format and content. If we feel we cannot publish your submission, we will inform you as to the reason. So, look for a request for submissions in December in your email in-box regarding the January 2027 issue.

We have a bit of news from the clubs, including some pictures in Sensei **Steve Borda**'s new dojo at his farm in Caledon East.



The next **Tournament** is scheduled for **Saturday, November 28, 2026,** at the **Etobicoke Olympium**. We hope to see everyone come out to participate and cheer the competitors on!

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

THE TWENTY TWKK KIHON KATA

By Sensei Steve Borda 8th Dan

Kihon means “basic” and kata is a pre-arranged pattern of various moves. A kihon kata is a repetitive pattern used to practice basic techniques. A kihon kata is not a formal “kata” in karate terms, but more of a drill, even though we generally refer to it as a kata. It is also a good introduction to new students as they may pick up a kihon kata more quickly than a formal karate kata such as the Pinan katas. With kihon kata there is a limited number of techniques in the kata. Basically, if you know the first two counts of the kata and the pattern then you can perform the entire kata[1]. Formal kata have a much more varied number of techniques to perform.

For the twenty kihon kata of Toronto Wado-Kai, the “Embusen”, which is the predetermined line of movement of the kata, are identical. The Embusen refers to both the specific starting and ending point, as well as the floor pattern or "map" of a kata, including the steps and turns involved in the performance. So, if you know the first two moves of a kihon kata, you should be able to get through the kata.

Our Kihon Kata Number 1 is what **Gichin Funakoshi**[2] referred to as Taikyoku Shodan. (Funakoshi also had a Taikyoku Nidan as well as a Sandan kata, but these are not included with the Toronto Wado-Kai kihon kata).



The twenty kihon kata were created in the late 1960’s at Sensei **Kei Tsumura**’s dojo, by Sensei Tsumura with input from **Terry Nishikawa**, **Sam Hayashi** and **Dave Manara**. The kihon kata were created because of a feeling that basics were being ignored in favour of more complex katas that were being introduced at the time. With a limited number of techniques in the kata, the student can focus more on the form of the techniques themselves. More attention may be paid to criteria such as proper stances, fullness of techniques, the use of hips, and the application of “Kime”, which is the solidification at the end of a technique to facilitate the transfer of power to your opponent.

Sensei Manara has maintained the use of these twenty kihon kata for the duration of his karate career.

CONGRATULATIONS TO THE NEW BLACK BELT RANKS

Congratulations to the following Yudansha members recently promoted.
To Yodan: **Mark Illy**, Brooklyn
To Nidan: **Brad Peddle**, Brooklyn
To Shodan: **Parmeet Bhalla** and **Munazir Hashim**, Caledon
To Shodan-Ho: **Denis Charbonneau**, Brooklyn

Congratulations for our senior instructors ranked to Renshi.
Edmonton Clubs: **André Beauregard**, **Randy James**

[1] Note from the Editor: I used to do what I called the Wado Kihon 40 as a memory exercise, doing the first two moves of each Kata, turning first left, then right and back again, to perform all the different moves included in the 20 katas, so as not to forget their order and combinations of moves. For a real workout, I would perform what I referred to as the Wado 400, which was the 20 katas beginning to end, back-to-back, while trying to keep my form all the way through.
[2] Gichin Funakoshi – Karate-do Kyohan

NEWS FROM CLUBS

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



One might reasonably expect that the third quarter of the year, which covers the summer months of July and August might be a relatively quiet time, but not for the Thornhill Dojo in 2026!

Ladies are becoming a force to reckon with in this dojo! On July 30, **Vionna R.** was ranked to brown belt and **May Lam** was ranked to blue belt! Two very well earned achievements!





Many of us have heard of the story (or song): *The Cat Came Back*[3]. Well, we have also heard of the story of the Karate-ka that came back, too!

Ed Morysiak trained in Wado-Kai Karate many years ago when he was a teenager, achieving the green belt level. As often is the case, especially with young people entering adulthood, life takes them in a different direction, and so it was for Ed. However, Toronto Wado-Kai still whispered to him, and a few years ago it shouted at him, so he rejoined the club. With a lot of effort on Ed's part, Ed was able to get awarded his green belt on July 30 as well. As you can see in the photo, Ed is VERY proud of this!

[3] "The Cat Came Back" is a classic 1893 folk and blues comedy song about an indestructible yellow cat that keeps returning to its owner, Mr. Johnson; written by Harry S. Miller.



Even though July 30th was the height of summertime, the Thornhill dojo had a very good turnout of especially senior belts; an opportunity for the new brown and blue belts to have a group photo with the senior belts that were there!

The third quarter of 2026 finished on September 30th, a very special day for a very special person in the Thornhill dojo: *Renshi* **Biller Ching** turned 75 years old on September 30! A bit of celebration was at hand for that on the evening of the September 29th. (Biller is to the right of Sensei Manara in the photo below).





SEIKIKAI Martial Arts, Etobicoke ON

***Kyoshi* Steve Borda, Hachidan**
(8th Degree Black Belt)
C.O. *Renshi* Larry O'Grady, Shichidan (7th Degree Black Belt)

ETOBICOKE OLYMPIUM
Wednesday, Friday & Sunday

Congratulations to **Zoey** on achieving her yellow belt and to **Ese** on achieving her orange belt.





Congratulations to **Alden** on achieving his blue belt.



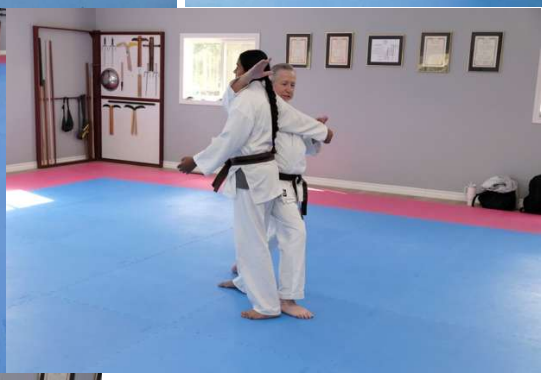
On Saturday Oct. 3rd, Sensei **Steve** commemorated the new Seikikai Hombu dojo by holding a takedown class for the blue and brown belts and Shodan-Hos at its location at the Borda farm in Caledon East.

Lots of fun was had by all, as well as learning some new takedown techniques.

Sensei even gave everyone a review of some of the Kobudo weapons he has at the dojo.








OUR CONDOLENCES

Alumnus Sensei **Michael Muzyczka**, Nidan died on August 31st. Over the years, Michael practised martial arts in many forms, including karate, aikido, and tai chi.

Michael was an assistant instructor with the Ajax-Pickering Wado-Kai, led by Sensei Eric Bergman, being most active in the years of the late 1990s to 2000.

This is a link to visit his Memorial: https://www.arbormemorial.ca/en/mceachnie/obituaries/michael-gerard-muzyczka/166042.html

I DON'T PAY FOR KARATE

Sent in by Sensei Ron Ruskay, Godan

From a Karate parent...

One of my friends asked me, "Why do you pay so much money and spend so much time running around for your kids to do karate?" Well, I have a confession to make: I don't pay for Karate!

So, what am I paying for?

- I pay for those moments when my children become so tired they feel like quitting but don't.

- I pay for the opportunity that my children can have and will have to make life-long friendships.

- I pay for the chance that they may have amazing instructors that will teach them that karate is not just about movement but about life.

- I pay for my children to learn to be disciplined.

- I pay for my children to learn to take care of themselves.

- I pay for my children to learn to work with others and to be a proud , supportive, kind and respectful dojo member.

- I pay for my children to learn to deal with disappointment, when they don't get that score they hoped for, or fell during a move they have practiced a thousand times, but they still get up and are determined to do their BEST next time.

I pay for the opportunities that karate provides my children

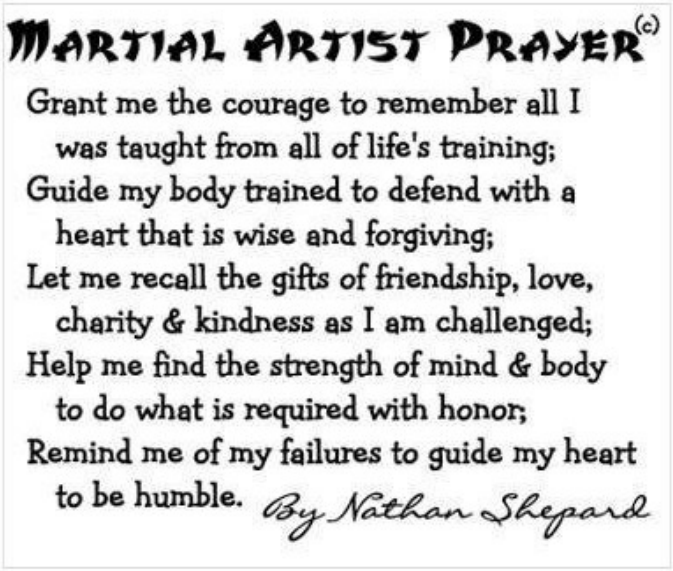
- I pay for my children to learn to make and accomplish goals.

- I pay for my children to learn that it takes hours and hours of hard work and practice to create a champion, and that success does not happen overnight.

- I pay so that my children can be in the dojo instead of in front of a screen.

I could go on but, to be short, I don't pay for karate; I pay for the opportunities that karate provides my children to develop attributes that will serve them well throughout their life and give them the opportunity to bless the lives of others.

From what I have seen for many, many years, I think it is a great investment!



TORONTO WADO-KAI KARATE CLUBS AND SENSEI CLUB HEADS	
ANDRÉ'S BUDO CENTRE (Edmonton) – André Beauregard	
BROOKLIN-WHITBY – Mark Illy	SEIKIKAI MARTIAL ARTS (Caledon) – Steve Borda
CALGARY – Steve Henrich	SEIKIKAI MARTIAL ARTS (Etobicoke) – Steve Borda
CLARINGTON – Robin Singh [Temporarily closed]	THORNHILL – Biller Ching & Dave Manara
EDMONTON – Randy James	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* Randy James, *Renshi* Larry O'Grady, Robb Dods
ROKUDAN (6th Degree Black Belt)	*Renshi* Biller Ching, *Renshi* André Beauregard, *Renshi* Steve Henrich, Leaton Bernard, James Darker, Tony Marziliano, Anthony Woodward, Heather Woodward, Ed Young
GODAN (5th Degree Black Belt)	Ken Buck
YODAN (4th Degree Black Belt)	Chester Buczek, Marion Dimand, Mark Illy, John Lobo, Steve Schlictman, Maksym Voznyy