



Everything Ottawa, ON

News

Relocation

The Toshikai Dojo of Ottawa has recently relocated their dojo to the East Wind Budo Life Centre located on 3310 McCarthy Road in Ottawa. Classes are from 7 pm to 9 pm each Sunday evening. Advanced classes are held in the basement of Sensei Tim's home every second Tuesday from 6 pm to 7:30 pm. Call 613-596-2740 if you are coming to town and want to train.

Grading

Sensei Tim Leonard and several students traveled to Windsor, ON on February 4th for an education in Isshinryu Karate and testing. After traveling 9 hours by van, they arrived at 5:15 pm on Friday, just in time for the brown/blackbelt class with Shihan Mady and Shihan Markovitch. The scheduled one hour class ended 2.5 hours later after our bodies were thrown around like rag dolls by the Shihans demonstrating bunkai (self-defense) applications from the katas. Saturday was testing day in which Shane Hale tested for

shodan (blackbelt) and Jack Lafleur for yonkyu (greenbelt). Testing took place in true Isshinryu fashion which means it was long and grueling. Shane and Jack succeeded in their quest despite ending up with multiple deep body bruises from the local fighters. Needless to say the trip home was a little quieter. Domo aregato to the Chikara Dojo and we look forward to training with you again soon.

Continue training and practicing at home to improve your standings and to help ready yourself for promotion.

Recent Promotions

Feb. 4th, Shane Hale, Shodan
Jack Lafleur, Yonkyu

Upcoming Events

August 6th will be our year end Break Your Bones Barbeque. It is an event not to be missed where the tamashiwara contests are simply outstanding.