

"Seiryoku-Zenyo"

maximum efficient use of energy

精力善用



自他共榮

"Jita-Kyoei"

mutual welfare and benefit

CELEBRATION PLAN – 15 APRIL 2023

- 7:00 to 7:15 - Arrivals and Socializing
- 7:15 to 7:30 - Introductions
- 7:30 to 7:45 - **“Open mike”**
- 7:45 to 8:15 - Slide Presentation
- 8:15 to 8:30 - **“Open mike”**
- 8:30 to 9:30 - Mandarin Buffet Dinner
- 9:30 to 9:50 - Awards and Promotions
- 9:50 to 10:30 - **“Open mike” & social time**



Jim Doherty Sensei – 20th Anniversary - January 2013





The Black Belts and short history of Scarborough Dojo

Prepared by:

Jonathan Judah

Godan – Black Belt 5th Degree

Dojo Shu – Scarborough Dojo



Revision 1: created for our 30th Anniversary celebration

Revision 0: created during the COVID pandemic lock-out

Thirty years, 22 new Black Belts, 34 Black Belt promotions and a great many lifelong friendships. Our dojo has had remarkable success in developing young novice students into confident and dynamic Black Belts. The majority of our Black Belts began their studies of Judo with us. Many have competed successfully and won medals at the national and international level at events such as the National Championships, the Elite Nationals, the Canada Cup and Rendez-vous Canada. Profiles are included for each of our members who either received their Black Belt promotions through our dojo, or had their foreign Black Belt rank recognized in Canada with our help, and stayed with us for many years.

We have always been and remain a not-for-profit dojo dedicated to providing an excellent Judo program that is affordable to all members of our community. The devotion of parents to the success of their children has been vital to our success. Above all, we very are grateful to the City of Toronto and staff for their continuing support and friendship.

If you want to know more, then keep reading!

Since our first practice in February of 1993, Scarborough Dojo has had incredible luck in attracting excellent young students and families. When my friend and partner **Gerry Tobias**  and I first met with our **Sensei Jim Doherty**  at the old Wexford Restaurant to discuss our plans to start our dojo, we had no idea of the success that we would experience. But thanks to the great young people that we attracted and to the mentorship of our Sensei Jim, we exceeded our own expectations, and perhaps even his expectations.

Our first student to achieve the rank of Black Belt First Degree(Shodan) was **Matthew Evers**. We will always be grateful to Matthew for his hard work, skill and leadership in setting our dojo on the path to success. Our most recent promotion to Shodan is our incredibly talented and successful **Alyssandra Pheobe Manuel**. These two young people provide the bookends for a great family of determined athletes who built brilliantly on the example provided by Matthew to accomplish much and bring stature to our dojo over the past 30 years.

This cohort of talent has also attracted to our dojo many accomplished Black Belts from many parts of the world (Korea, Hong Kong, Macao, Taiwan, Iran and Germany). We are grateful for the time they spent with us. Some have been with us for decades and have been vital to our development. All have had their Black Belts formally recognized by Judo Canada, with our help.

Overall, 22 individuals have achieved Black Belt promotions on recommendation of Scarborough Dojo and as certified by the National Grading Board. Ten judoka have achieved more than one promotion, for a total of 34 Black Belt promotions in our dojo. All of our Black Belts are registered with Judo Canada and with the Kodokan Institute in Japan. Of course, this total does not include promotions for Gerry Tobias and myself, as these promotions are credited to **Jim Doherty Sensei**.

We have now left behind the Covid-19 pandemic and the resulting lock-down of our dojo. The rebuilding our Judo club has now been in progress for the past 18 months, since September of 2021. As we passed our 30th year of operation this February, the senior members of Scarborough Dojo has shown itself to be fully committed to the progress of our dojo and have taken on the leadership roles in teaching and coaching. Their mentorship has been excellent, attendance is very strong and our members are experiencing excellent competitive success!

Scarborough Dojo is looking forward to its next 30 years of accomplishment!

We hope you enjoy the following profiles of our many Black Belts. This is not an exclusive list! Anyone can join through hard work, determination and adherence to the governing principles of Dr. Jigorō Kanō, the esteemed founder of Kodokan Judo.

Thanks to all,

Jonathan Judah, Godan
Dojo Shu – Scarborough Dojo



Our members whose names are marked with this symbol were sadly taken from us too early and are now in heaven with Jigorō Kanō Sensei. Their time with us was a blessing to us and we are very grateful for this!

Matthew

1. Matthew Evers

Shodan – 2 December 1995

Nidan – 3 March 2002

Certified Coach - NCCP-2

Founding Member

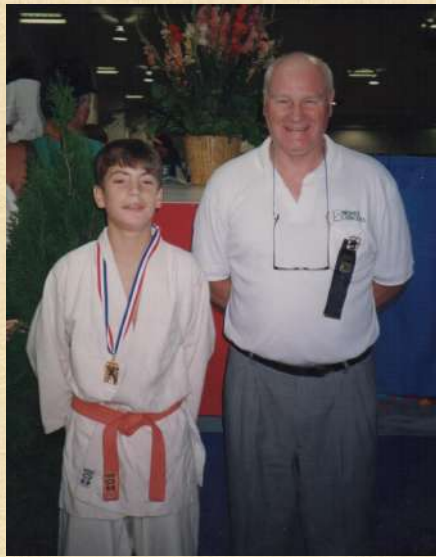
Our first! A founding member of our dojo. Excellent teacher! Just over 2 years from start to a medal at the Nationals.



Our Black Belts



Our first national medal – 23 April 1995



With Jim Doherty Sensei



In Japan – October 2005



Proud Dad with National Medalist



CNE team – 20 August 1994



25th Anniversary - 4 February 2018

Matthew leads off for the Black Belts at our 25th Anniversary

Adam



2. Adam Krasinski

Shodan – 28 June 1998

Nidan – 10 December 2000

A powerful and skillful fighter who dominated all his divisions. It was a pleasure to watch Adam execute beautiful Judo in shiai!





Nationals, Kamloops, B.C. – April 2001



Canadian Nationals – March 1998



Quebec Open, October 1999

Five fights, 5 ippons, all different throws! The longest fight was less than 30 seconds. A pleasure to watch!



Proud Dad and Sensei

Precise and powerful techniques!



Fundraising



André



Our Black Belts



3. Dr. André Seguinot, Ph.D.

Sandan – 12 January 1999

Yondan – 27 July 2010

A highly accomplished judoka, referee, musician and academic. What a life! He just wanted to help the kids ... and he did! Thank you, friend!



LIFE AT A STEADY CLIP

After waking from a minimally invasive procedure to repair his leaking heart valve, André Séguinot was astounded to learn from his surgeon he would be discharged from Sunnybrook's Schulich Heart Centre the next day.

"I SAID, 'TELL ME what I'm supposed to do, doctor. Can I walk?' 'Yes, you should walk.' 'Can I bicycle?' 'Yes, you can bicycle.' 'Can I travel? Can I fly?' 'Yes, you can.' 'Doctor, just between us, can I have sex?' 'Yes, you can have sex.'"

André, 82, laughs heartily at the memory.

The retired University of Toronto professor was treated for mitral regurgitation, a condition in which the mitral valve does not close as tightly as it should, causing blood to leak in the wrong direction. Left untreated, it can cause irreversible heart failure. Sunnybrook is one of only three hospitals in Canada performing the MitraClip procedure. The \$33,000 procedure is not yet fully funded by the province so patients must rely on Sunnybrook donors.

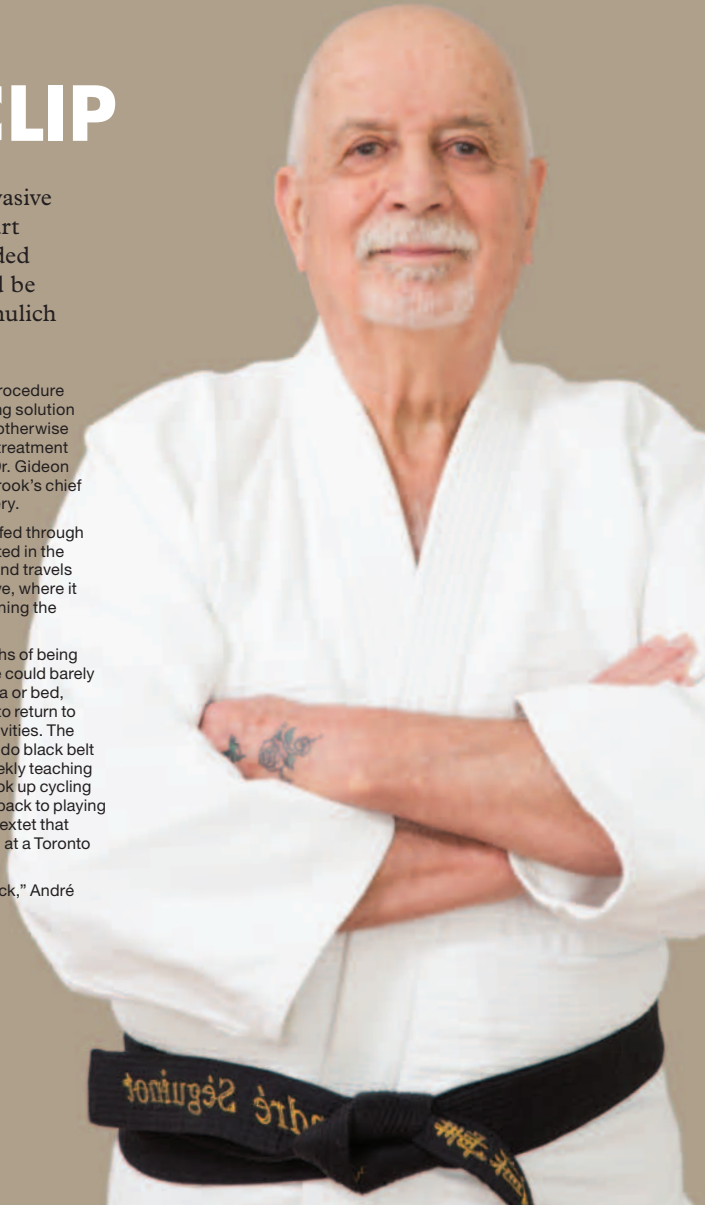
Like many patients who are older or who have other health conditions, André was a poor candidate for open heart surgery, which has a recovery time of one to three months.

"The MitraClip procedure provides a lasting solution for people who otherwise might be out of treatment options," says Dr. Gideon Cohen, Sunnybrook's chief of cardiac surgery.

The MitraClip is fed through a catheter inserted in the patient's groin and travels to the mitral valve, where it attaches, tightening the valves' leaflets.

After eight months of being so exhausted he could barely rise from his sofa or bed, André was able to return to his favourite activities. The fourth-degree judo black belt resumed his weekly teaching schedule. He took up cycling again and went back to playing guitar in a jazz sextet that has a weekly gig at a Toronto jazz club.

"I have my life back," André says.



THANKS TO AN INNOVATIVE NEW HEART PROCEDURE, ANDRÉ SÉGUINOT HAS THE STRENGTH AGAIN FOR HIS WEEKLY JAZZ GIGS, JUDO CLASSES AND ALL THE THINGS HE ENJOYS.



A.J.



4. Jong Hun Lee

- Nidan - from South Korea
- Certified in Canada – 31 August 2000
- 2001 to present.

Certified Coach - NCCP-2

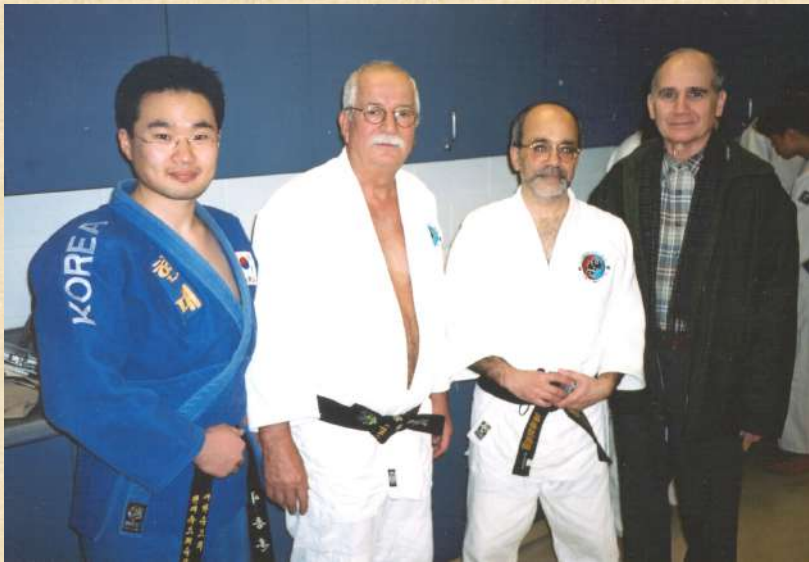
Dojo Shu – LaCitadelle Dojo (2005-2008)

Captain – Infantry, South Korean Army
(1994 to 1999)

Practitioner of laidō & Kendo

A highly skilled Judoka, AJ has contributed to our dojo for many years as a coach, instructor and friend.





Teaching and coaching team – March 2002



29 May 2005



BBQ Fund Raiser – 22 May 2002



Demonstration of Iaido at Kagami Bariki – 12 Feb. 2011



Coaching a future champion - February 2014



Coaching our junior team at Peel – 5 April 2011

Amy



5. Amy Au

Shodan – 5 March 2000

Certified Coach - NCCP-2

Tough and talented fighter. Fourteen months from novice to Brown Belt. Eighteen months from novice to Ontario Champion, Winter Games Gold and medal at Nationals!





3 Fighters and 3 Gold Medals – Amy, Adam & Betty
Ontario Winter Games – March 1998



Amy and Adam – National Medalists – March 1998



National Medal - Abbotsford, B.C., March 1998



Our first three Black Belts– Matthew, Adam and Amy



Tournament Chair – Scarborough
Junior Shiai – 29 May 2005



Fighting Joey – July 2002

Kent

Our Black Belts



6. Kent Chen

- Nidan - from Taiwan
- Certified in Canada – 17 June 2000
- 1999 to the present.

An excellent Judoka with a super tai-otoshi!
Kent is a bedrock member of our dojo and
valued member of our senior team.





Visiting original Sensei in Taiwan – August 2016



Proud dad preparing his son for promotion



End of season class – September 1, 2016



Dojo sushi lunch – August 2018



Never give up! Circuit training during the lockdown
21 February 2021



Officiating at Ontario Open – November 2016

Lucy

7. Lucy Au

Shodan – 3 March 2002

Certified Coach - NCCP-2

A ferocious fighter and the kindest friend. We have all experienced her powerful shime-waza as the world faded away!



Our Black Belts





Medalists at Ontario Open – November 2000



Strong team – January 1999



Proud Mom!



Silver at Ontario Championships, 16 Jan. 1999, losing only to the National Champion who you took into overtime. Those Kawasaki girls were hard to beat, but Sensei Mitch complemented me on your skills and spirit!



Good friends – Amy, Ryan and Lucy



Training and having fun!

Henry



8. Henry Chan

Shodan – 3 March 2002

Nidan – 15 August 2009

Certified Coach - NCCP-2

Treasurer – Central East Region
(2006 to 2010)

One of our Senior Senseis, for many years! I appreciate Henry's wise counsel during any difficulties and steady leadership in my absences.





Henry and Adam - Katame-No-Kata - February 2001



Henry and Adam demonstrate at CNE – August 2000



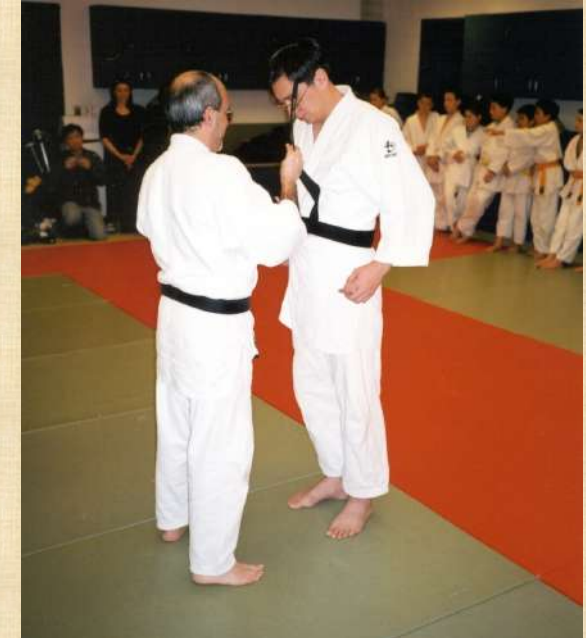
Demonstrating Nage-No-Kata – January 2002



New Black Belt - March 2002



Fundraising, July 2001



Promotion to Shodan – 14 March 2002

Kin



9. Kwok Kin Wong

Shodan – 12 December 2004

Nidan – 21 February 2016

Certified Coach - NCCP-2

A valued Sensei and coach in our dojo.
Kin is a tough fighter, a generous
volunteer and now enjoying great success
in competitive kata!





Gold Medal at Tora – Nage-No-Kata - ! May 2016



With Jim Doherty Sensei - 29 October 2010



Silver at the Ontario Open - 16 Nov. 2016



Bronze Medal at Ontario Kata Championship - 24 October 2015



Referee – Scarborough Junior Shiai – 29 May 2005

Marcel

Our Black Belts



10. Marcel Batic

Shodan – 12 December 2004

Certified Coach - NCCP-2

One of our most powerful Judoka. Also an educator and a fellow biker. Every student should have a teacher as cool as Mr. Bahteach!





Leading our demonstration at the CNE – August 2000



Our mighty crew – June 2006



Leading the warm-ups - 16 January 2005



Being a mighty tree – warm-ups - 16 January 2005



Congratulations – New Black Belts!



Benson, Andy and Marcel – 29 May 2005



Coaches and team – Scarborough Junior Shiai
29 May 2005

Kevin

11. Kevin D'Sylva

Shodan – 31 July 2005

Nidan – 16 June 2018

Certified Coach - NCCP-2

Experience in competitive MMA

An exceptional and versatile athlete, Kevin has been with us since very young. Now an expert coach and trainer, we hope for leadership roles in our dojo.



Our Black Belts





Kevin and Karla at Rendez-Vous Canada – October 2008



Silver at Ontario Open – November 2017



Orange Belt - Jan. 1996



Asahi Open - 2016



10-08-28 - The D'Sylva boys have grown up

The D'Sylva Boys - August 2010



Kevin leads winning team at 2018 Tora
Gold for Kevin in -73 kg Masters (4 wins by ippon)



Team for the 2002 Junior Nationals (Adam coaching)



Coaching at 2019 Ontario Open

Leo



12. Leo Wong

Shodan - from Macao

- Certified in Canada – 28 Sept. 2006
- November 2001 to August 2008

We enjoyed Leo's dynamic and super-effective full body throwing techniques. His Sensei in Macao trained him very well! Great Judo!





With senior members – March 2002



An important part of our Black Belt Team (Matthew working in Japan) – January 2005



Tournament Officials – Scarborough Junior Shiai – 29 May 2005

Alex



13. Alex Shillinglaw

Shodan – 23 April 2006

Certified Coach - NCCP-2

Dojo Shu – Variety Village Dojo

Founding Member

A talented athlete and naturally skilled. My next door neighbour and first promoter of our dojo. The majority of our initial members were friends of Alex and brother John!





10-01-31 - A great crew!



January 2010



Proud Senseis at Alex's Shodan Promotion



January 2013



Friends – February 2008



Alex and David – Senseis of the Thursday Junior Class – 2008
Future National Medals and Black Belt from students in the picture!



CNE Team – August 1994



January 2007



Award to Jihad, February 2010

James

14. James Lin

Shodan – 23 April 2006 (Judo)

Certified Coach - NCCP-2 (Judo and Karate)

Dojo Shu (Judo) – Lin Martial Arts

Nidan - Karate

Experience in Japanese Jiu Jitsu, Brazilian Jiu Jitsu, Filipino Martial Arts and Capoeira.

Canadian Powerlifting Federation record holder for Masters (82.5kg) category.

James is an engineer, corporate executive and family man. He is an all-around martial artist and has enjoyed training in Japan and Taiwan!



Our Black Belts





04-11-14 - James Lin at the Eisho-ji temple, the birthplace of Judo. Photograph taken by Matthew Evers

At the Eisho-ji temple, the birthplace of Judo
November 2004



21 December 2005



Enjoyed training with the Taiwan National Judo Team



Promotion to Shodan



With the Keio University Dojo - 2002



Tough training in Japan
March 2002

Jason

Our Black Belts



15. Jason Campbell

Shodan – 23 April 2006

Jason came to us to complete his progression to Shodan. A professional Medic and friend, we have appreciated his expert services at our regional events!





Working team – Scarborough Junior Shiai – 29 May 2005



Promotion to Shodan



Medic at Central East Master's Shiai – June 2008



Shiai Medic - 21 May 2006

Steve



16. Steve Campbell

Yondan – 10 July 2007

Godan – 2014 (via Ajax Budokan)

National A Referee


Dojo Shu – Iron Will Judo Institute

An old friend and fellow student of Jim Doherty Sensei. Came to us on Sensei's recommendation to progress promotion to Yondan. Steve then enjoyed further achievement under the guidance of Bill Doherty Sensei in progression to Godan and National A Referee!





Very good times! - Black Belt Dinner – 29 December 2006

We enjoyed the company of the entire Campbell Family at this event. Front and center is Christine Campbell , beloved wife, mother, mother-in-law and grand-mother, who unfortunately was taken from us far too early.



Referee Team – Scarborough Junior Shiai – 21 May 2006



Scarborough Black Belts – January 2007

David

Our Black Belts



17. David Chan

Shodan – 10 June 2007

Nidan – 8 December 2018

Certified Coach - NCCP-2

Originally a student of Jim Doherty Sensei, David returned to us after many years to progress to Black Belt, to excel as Sensei of our very popular Tuesday class and to great success in coaching our fighters.





All attending for promotion to Shodan – June 2007



David Chan with Jim Doherty Sensei
24 February 2002



Coaching our medal winning team at the 2018
Canadian National Championships



Referee Team – Scarborough Junior Shiai – 29 May 2005



Master of Ceremonies – 20th Anniversary – January 2013

Masoud

18. Masoud Banaei

Nidan – from Iran

Certified in Canada – 15 August 2009

September 2006 until August 2012

Three times Iranian gold medalist.
Brought us back to the intense
energy of high performance training
in the style of Jim Doherty Sensei!





Scarborough Black Belts – January 2007



08-06-07 - Antony Mastrogiacomo



Jonathan and Antony



Gold Medal at Masters Shiai – June 2008

Karla

Our Black Belts



19. Dr. Karla Gartner, M.D.

Shodan – 18 January 2009

Excellent Judoka, a gifted scholar and expert time manager. Ontario Senior Judo Champion and now practicing Medicine in Germany. Congratulations Karla on all of your successes!





Ontario Senior Championships and post fight interview— February 2009



Proud parents – August 2012



Hatashita International - 18 Nov. 2007



To Rendez-Vous Canada – Oct. 2008
I was a proud Sensei!



Warming up for the fight
at Rendez-Vous Canada



Leaving for Medical School - 30 April 2009



Continuing to train in Germany - August 2012



Karla and Ian demonstrating
Nage-No-Kata – Feb. 2009



Back for a visit – Nov. 2012

Ian

20. Ian Yee

Shodan – 10 May 2009

Nidan – 27 February 2011

Sandan – 18 January 2015

Yondan – 10 December 2022

Black Belt - Jiu Jitsu

Certified Coach - NCCP-2

Dojo Shu at Scarborough Jiu Jitsu and Judo at Cedarbrae CI

Chair – Judo Ontario Dispute Resolution Committee

Joined as an accomplished martial artist but requested to start the Judo journey from novice rank. Progressed quickly to achieve excellent skill and competitive success!





Proud Dad – 21 May 2006



Canadian National Championships – July 2012



Gold at Asahi – October 2013



Gold at Asahi – September 2018



Ju-No-Kata - 2 October 2022
Ontario Kata Championships



Choosing to start at the beginning –
Green Belt promotion – May 2006



Nage-no-Kata – Jan. 2012



Asahi Annual – September 2008

Max



21. Myung Su Lim

Shodan – from South Korea

Certified in Canada - 2010

October 2009 until August 2013

Another very well trained Korean Judoka! We enjoyed having Max with us as he introduced his young son Chaeyoung to Judo.





Chaeyoung and Max Lim at the Scarborough Dojo 20th Anniversary Celebration January 2003



Class picture - June 2013

Graham

Our Black Belts



22. Graham Harding

Shodan – 4 December 2011

Nidan – 18 January 2015

Certified Coach - NCCP-2

National B Referee

Dojo Shu - RACA Dojo

Inaugural Recipient of the William Doherty Annual Referee Achievement Award – 2017

Participant – Judo Ontario Conflict Resolution Committee (2016, 2019)

A competitive Judoka when young, took a long break to advance to high executive positions in industry. Returned to us to complete the journey!





Best possible partners for my Godan examination.
Very much appreciated!! May 2014

Partners in success, Graham to Nidan, Ian to Sandan – 1 February 2015

Inaugural Recipient of the William Doherty Annual Referee Achievement Award, September 2017



Vice President Operations
Enwave Energy Corporation

Refereeing at Ontario Open
November 2017

Fighting for points and winning at the
C.E. Masters Shiai - March 2012

Mentoring our young fighters – October 2015

Demonstrating Nage-No-Kata
February 2011

David

23. David Siqi Cao

Shodan – 21 February 2016

Nidan – 16 June 2018

David is an excellent Judoka in all respects and is highly competitive in both shiai and kata. A much desired training partner who always makes you look your best!



Our Black Belts





Nage-no-Kata – Gold at Tora and Silver at Ontario Open - 2016



Senior team – Peel – April 2016



Ippon and eventual Gold in -73 kg – Peel – April 2016



Asahi Annual – October 2013



Our tough team at Ontario Open
November 2017



Circuit training – February 2021



Alyssandra's partner for her Shodan grading



Ontario Kata Championships – October 2015

David



24. Dr. David Judah, DVM

Shodan – 21 February 2017

(Scarborough)

Founding Member

My beloved son who was taken from us far too early. He practiced 3 katas with me and was my first partner for Goshin Jutsu no Kata. He saved my life by thinking quickly and by pulling me from the whirlpool in the wilderness, without losing his own canoe!

Jim Doherty Sensei, ROKUDAN, presided over David's promotion to Shodan. I will wear David's Black Belt until I can someday return it to him.





Missinaibi River – September 2009

“Gee Dad. I think I just saved your life!” ... “You really did, David!”
Ten days, 300 kilometers, Type 3 and some Type 4 rapids every day. Then on the second last day, Pierre and I bounced our canoe off a rock while going through a 10 foot high water chute. Pierre was thrown clear and I was dumped into the whirlpool. Thinking very quickly, David and Matt launched their canoe into the torrent, threw me a line and hauled me out. They could have easily lost their canoe as well, if not for their skill. **Thanks guys! Expert work!!**



BBQ fund-raiser – July 2001



January 2002

Demonstrating Goshin Jutsu no Kata



February 2001



Ne-waza practice – David and Adam – July 2001

William

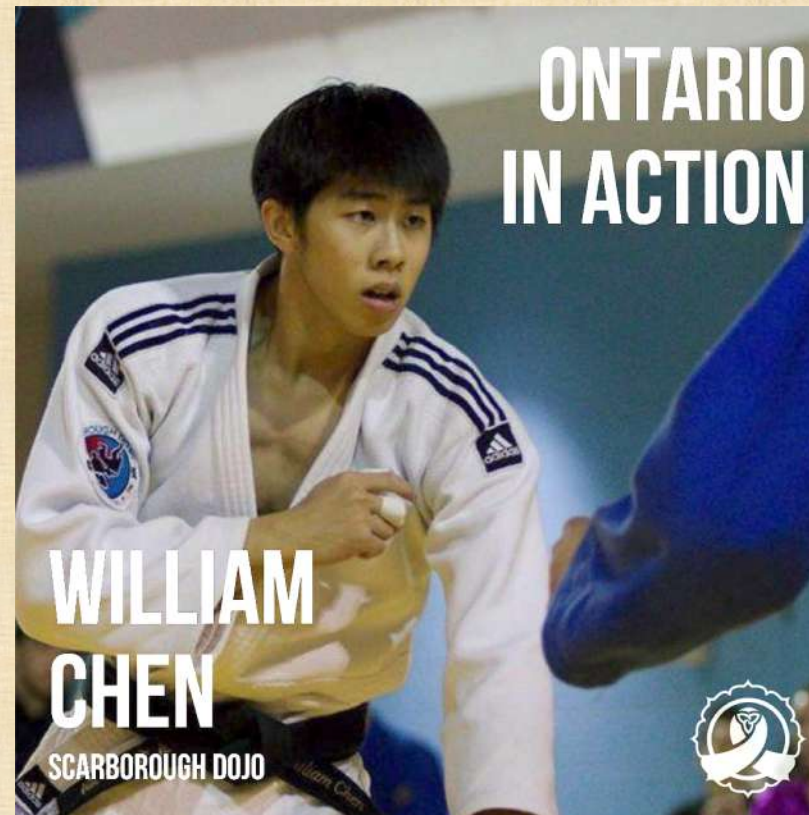
Our Black Belts



25. William Chen

Shodan – 16 June 2018

William has developed into a very talented and mature fighter. I very much appreciate the many compliments from the other coaches about William's excellent fighting style and effectiveness!



Ontario Open, November 2018





Three wins by Ippon, Senior Nationals, May 2018



Our Team - 2018 Canadian National Championships

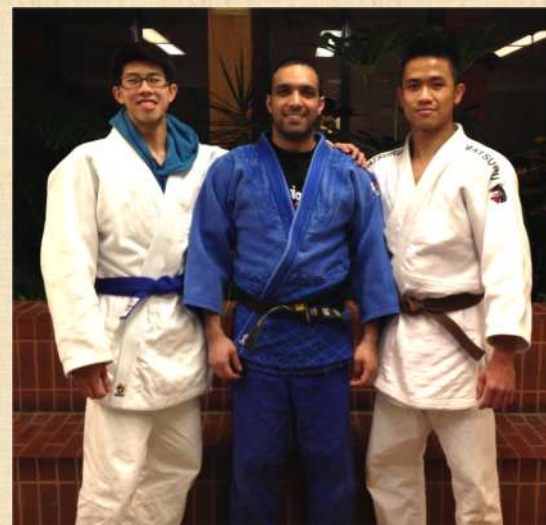


Gold at Tora – April 2019

Silver at 2018 Peel shiai. The winner made a point of complementing me on William's technique!



Training with Dad - 2017



Our tough Senior team
2016 Peel shiai



Three medalists at Asahi Open, October 2016

Russell

Our Black Belts



Jin and William congratulate Russell on his promotion!

26. Russell Chan

Shodan – 8 December 2018

We have enjoyed watching Russell grow from a young child, into a tough and accomplished fighter. He is the first of ours to win a medal in the National Ne-Waza championships!!





Our Team - Canadian National Championships
May 2018



Canadian National Championships – May 2018
Bronze Medal – Senior Ne-Waza



Fighting at Canadian National Championships – May 2018



Gold at Ontario Open – November 2017



Pacific International – March 2018



Proud Family – February 2019



Two future Black Belts
November 2013



Our Team at Tora – April 2018

Alyssandra

27. Alyssandra Phoebe Manuel

Shodan – 7 December 2019

Judo Ontario Under 16 Female Athlete of the Year – 2018

Judo Ontario Under 21 Quest for Gold Full Card – 2018-19

IJF Cadet European Tour – February 2020

Instructor of Self Defense for Women – Certified, June 2022

Very hard working, Alyssandra has achieved the most outstanding competitive record with significant victories from coast-to-coast! She sets a very high standard by consistently contesting two divisions in each tournament, her own and also the one for the older athletes.

Our Black Belts





Elite Nationals – U18 – Jan. 2020



Gold U18 at Saskatchewan Open – Oct. 2019



Gold U18 at Quebec Open – Nov. 2019



Ippon for "Canada's best U18" at 2019 Ontario Open



Sliver U16 at Canadian Nationals – May 2018



3 March 2018 – Pacific International – Gold – U16, Bronze – U18



Ippon at Nationals - May 2018



Eastern Canadians
April 2017



North York Shiai – October 2013



August 2013



Gold at Canada Cup – U16 – 2 July 2018



Gold – November 2013



Canada Cup July 2018 – U18
Fighting China’s Miu Ting Lam
(ranked 13th IJF) to Golden Score



2018 U16 Athlete of the Year – Judo Ontario



Coaching a future champion - February 2014



2017 Judoka of the Year



Elite Nationals, 11 December 2022, -57 kg Senior Bronze



Asahi – Oct. 2019 - Gold U18 & U21



Edmonton International, 12 March 2023, -57 kg Senior Gold

Our Black Belts

So, this is our superb group of Black Belts, from Matthew Evers to Alyssandra Manuel, who either obtained promotions from Judo Canada as members of our dojo, or who came from other countries and have contributed to our dojo for many years. My gratitude to all of you for your commitment and your energy.

Scarborough Dojo has promoted 22 individuals to Black Belt. Some have been promoted more than once for a total of 34 Black Belt promotions overall. Five foreign Black Belts have certified their rank with Judo Canada through our dojo. And of course there have been a number of visiting Black Belts who joined us for a short time during their studies in Toronto, or in transit to other locations in Canada. We have appreciated your time with us!

We would be remiss not to mention two excellent Black Belts who joined us a short time prior to the Covid-19 lockdowns; **Roy Thistle and Frederico De Castro Oliveira**. Roy, congratulations in hanging in with us throughout outdoor circuit training program, winter and Summer! Fred, we thoroughly enjoyed the many months you spend with us before the pandemic and then again in 2022. Congratulations on your new son and on the great new job opportunity in Winnipeg! We hope that you are enjoying your new dojo in Manitoba. You are always welcome back with us!



Frederico De Castro Oliveira
Shodan – Brazil
Rank recognized by Judo Canada, 6 June 2022



Roy Thistle
Shodan – Judo Canada

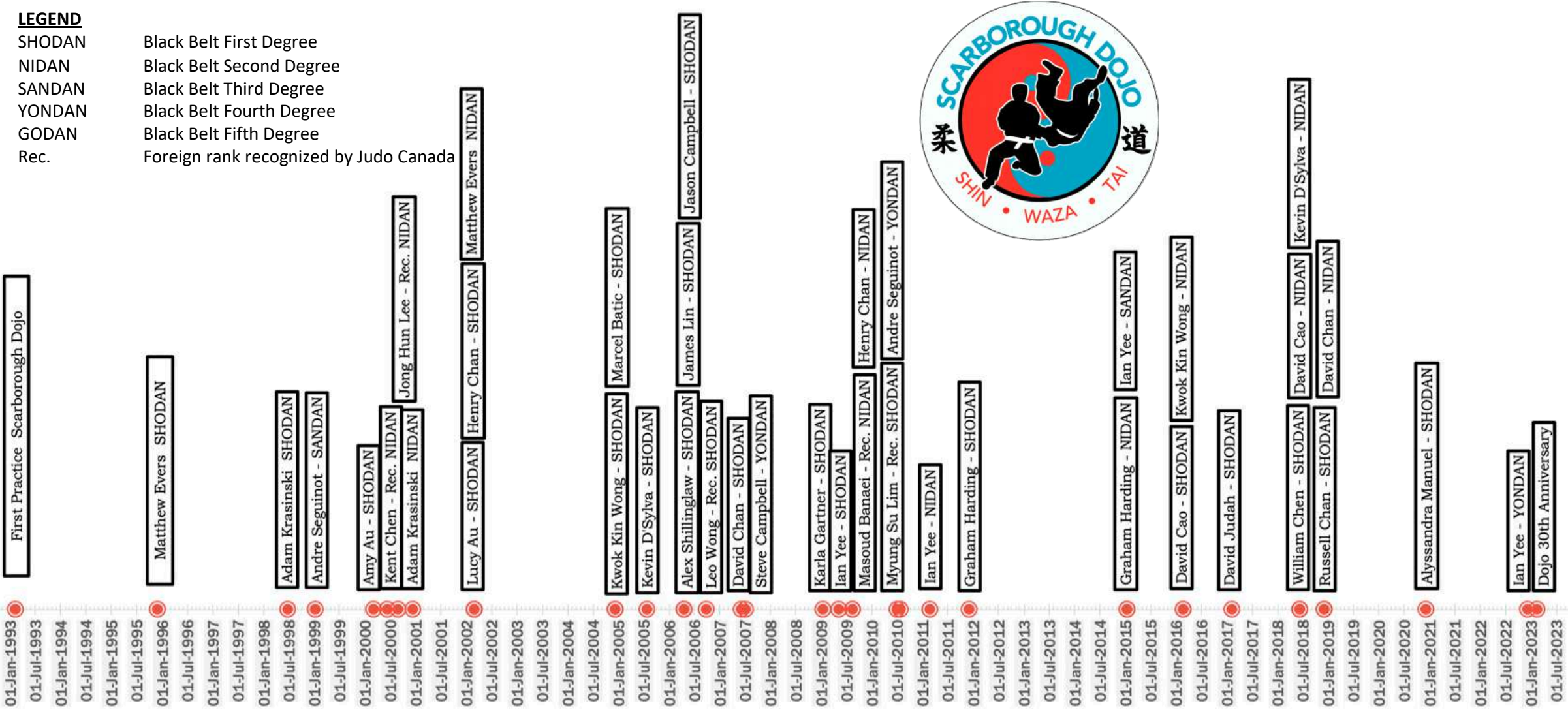


Scarborough Dojo - Black Belt Development and Promotion Timeline

Our Black Belts

LEGEND

- SHODAN Black Belt First Degree
- NIDAN Black Belt Second Degree
- SANDAN Black Belt Third Degree
- YONDAN Black Belt Fourth Degree
- GODAN Black Belt Fifth Degree
- Rec. Foreign rank recognized by Judo Canada



Our Future Black Belts

As the Covid-19 pandemic has demonstrated, life can sometimes get in the way of advancement of our passions, such as Judo. Scarborough Dojo has excellent senior Brown Belts who have earned the right to attempt **promotion to Black Belt!** Thank you for your hard work and commitment. Our Black Belts have spoken on behalf of each of you. We are ready to prepare you for examination for promotion. Let's complete the journey together!



Andy Choi



Robert Phuong



Jason Lam



Dr. Joey Yu



Whijn Kwon



Tommy Truong



Thomas
Tamagi-Wakabayashi



Andrei Manuel



Ralph Gujol



Stephen Wong



Andy Yuan

HARD TIMES AND TRAGEDIES

What it takes to survive!

Survival! – Personal Losses

Our family was devastated by enormous tragedy in May of 2016.

I called Sensei Jim from the airport to tell him that I was leaving for California. Might not be back at the dojo for many months.

Sensei was greatly distressed by my loss, but offered what support that he could.

“Go and take care of your family! I will take care of things at the dojo until you get back.”

For over 6 months Sensei organized our members to run the dojo in an excellent manner. He brought back our senior alumni black belts Adam Krasinski and Matthew Evers to help with the teaching and coaching. All practices progressed. Participation in tournaments remained excellent! We owe a great deal to Sensei Jim Doherty, Adam Krasinski and Matt Evers who came in to help, and to our many Black Belts; Henry Chan, Kin Wong, Jong Hun Lee, Kent Chen and David Chan, who perfectly maintained all the operations of our dojo.

My only contact for over 6 months were e-mail updates from Sensei Jim.

Our dojo survived and afterwards, Sensei would call me at least monthly to get together for a coffee at the Coffee Time at Brimley and Progress. These “check-ins” were very much appreciated! **We all need our dear and caring friends!**

Survival - Agincourt Fire



- Fire started in pool roofing on Thursday 31 January 2019.
- Burned and smoldered until Saturday, 2 February.
- Agincourt Recreation Centre was devastated!
- Scarborough Dojo lost many mats.

FRIENDS TO OUR RESCUE !!!!

Bill Doherty Sensei called on Sunday, 3 February, to offer twice per week mat space for Scarborough Dojo at the Ajax Budokan dojo; “your own instructors, your own students”! We were truly touched by this warm extension of friendship!

Ainsworth Hamilton and Kerri Zollen of the City of Toronto called on Tuesday, 5 February to offer to move Scarborough Dojo to McGregor Park Recreation Centre! Again, this support was very much appreciated at a tough time

Survival – Covid-19 Pandemic

- Locked out of dojo from 14 March 2020 to 21 September 2021
- First attempt to continue was by Sensei Graham Harding teaching twice weekly Zoom sessions in **Seiryoku Zenyo Kokumin Taiiku** kata; kata of solo exercises.
- Following this Scarborough Dojo introduced a Wednesday afternoon and Sunday morning outdoor **track based circuit training program**. This program included:
 - both aerobic and anaerobic training components.
 - strength and endurance training components.
 - Ashi-waza, Te-waza and Goshi-waza Judo uchikomi (using elastic bands attached to trees).
 - The program was progressive and time-limited.

We conducted this training twice weekly from June 2020 until September 2021; rain, shine or snow!

Attendance was consistently good and impressive! I was very proud of our group, especially on snowy and cold days!

We were allowed to return to indoor training at the Agincourt R.C. on 21 September 2021.

Scarborough Dojo might not have survived without this bi-weekly training initiative.

Outdoors Track Based Circuit Training

SCARBOROUGH DOJO - Circuit Training - at Churchill C.I. track adjacent to McGregor Park R.C.

THREE FULL CIRCUITS EQUALS ONE COMPLETE WORKOUT

	Green 1	Green 2	Blue 1	Blue 2	Red
laps (sprint each last 1/4 lap)	1	2	3	4	5
push-ups	5	10	15	20	25
burpees	10	12	14	16	18
stairs	4	6	8	10	12
sit-ups	5	10	15	20	25
jump-steps	10	15	20	25	30
uchi-komi ashi-waza	6	8	10	12	14
uchi-komi te-waza	6	8	10	12	14
uchi-komi goshi-waza	6	8	10	12	14
TIME LIMIT (minutes for 3 circuits)	23	26	29	33	38

Notes: 4 laps = mile
 stairs = 9 steps up and 9 steps down
 jump step = up one step and back down again
 uchi-komi = athlete's choice with kuzushi cords attached to tree

The Scarborough Dojo program for bridging the Covid-19 lockdown.



Outdoors Track Based Circuit Training



26 July 2020



21 February 2021



18 October 2020



1 August 2021



13 June 2021



Moving Forward

- We are maintaining robust participation and success in competition across Canada.
- We have assembled a very strong instruction and leadership program

2022 Ten Week Summer Introductory Program

Senseis: **Alyssandra Manuel** (Shodan) & **William Chen** (Shodan)

Beginner Classes

6:30 to 8:00 p.m. – **Tuesday and Thursday**

Senseis: **Robert Phuong** (Ikkyu) and **Stephen Wong** (Ikkyu)

Supporting Sempais: Amanda Lam, Jacob Abraham, Jaelyn Abraham

Senior Classes

8:00 to 9:30 p.m. – Tuesday (with Open Mat to 10:00 p.m.)

Senseis: **Graham Harding** (Nidan) and **Jonathan Judah** (Godan)

8:00 to 9:30 p.m. – Thursday (with Open Mat to 10:00 p.m.)

Senseis: **David Chan** (Nidan) and **David Cao** (Nidan)

10:00 to 12:00 p.m. – Sunday (with Open Mat to 1:00 p.m.)

Senseis: **Kent Chen** (Nidan) and **Ian Yee** (Yondan)

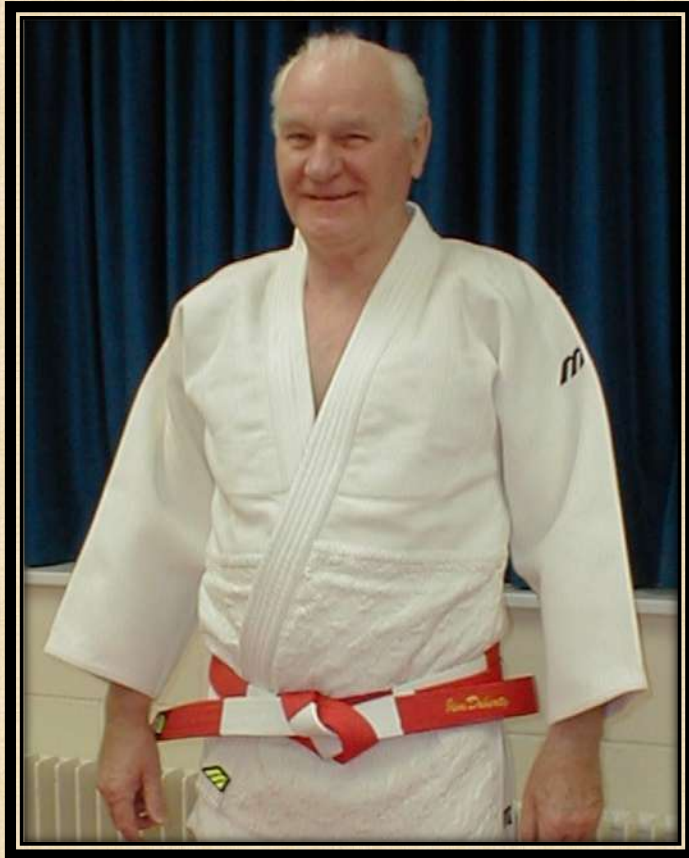
Kata and Black Belt Preparation

9:00 to 10:00 a.m. – Sunday

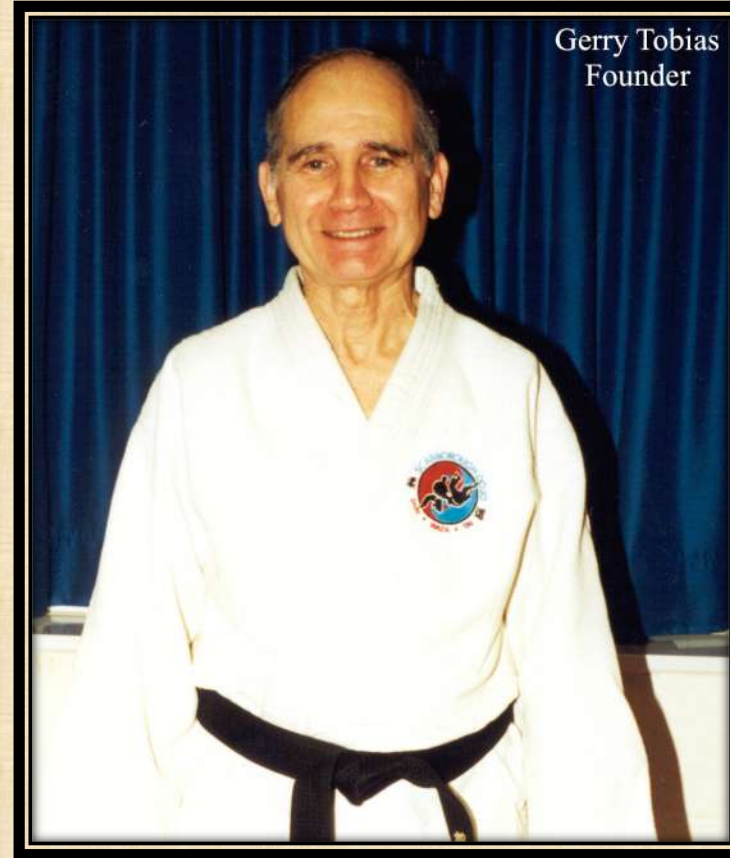
Senseis: our Black Belts as required

Closing Dedication

Our Black Belts





My Sensei
Jim Doherty
6th Dan



Gerry Tobias
Founder

My Partner
Gerry Tobias
3rd Dan

This presentation of the remarkable success of Scarborough Dojo is dedicated to the memories of my Sensei, **Albert James Doherty** , **Rokudan**, and my long time partner, **Gerry Tobias** , **Sandan**. There would have been no dojo without the partnership and dedication of **Sensei Tobias**. There would have been no success without the **wise counsel, mentorship and support of our Sensei Jim Doherty**. I was fortunate to count both of these generous Judoka among my dearest friends. I miss both of them, especially when one of our exceptional students brings success to our dojo.

I will always be grateful to O-Sensei Jim and to Sensei Gerry. I could not have been luckier in Judo!

J. Judah – Godan
Dojo Shu, Scarborough Dojo





January 2013



January 2013



Amy Au enjoying an apple at a B.C. waterfall 20 March 1998



Adam Kravitski and Amy Au in B.C. 20 March 1998

JUDO ONTARIO ANNOUNCEMENT OF FINAL QUEST FOR GOLD CARDS
2018-2019 Quest for Gold Ontario Athlete Assistance

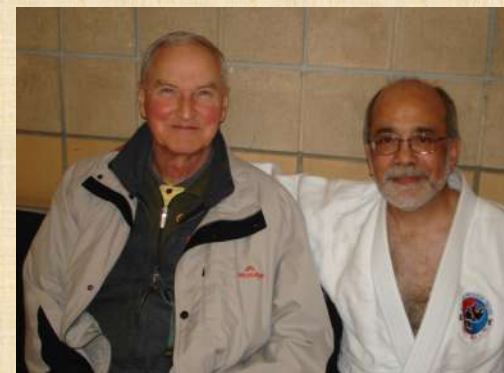
Judo Ontario is pleased to announce the final list of athletes receiving Ontario Cards under the 2018-2019 Quest for Gold - Ontario Athlete Assistance Program (OAAP). The athletes nominated were selected using the sport-specific selection criteria developed by Judo Ontario and applied by the Selection Committee.

ONTARIO CARDS	
MALE CARDS	FEMALE CARDS
U18 MALES Quest for Gold Half Cards Lasha Tskalakvili Matteo Farnozzi James Lovelace Daniel McCrossin Nelson Ruckow	U18 FEMALES Quest for Gold Half Cards Daye Ouyang Nguyen Anh Esther Bailey Swarner
U21 MALES Quest for Gold Full Cards Sava Arsic Erik Vandersanden Ron Harj Reuben Langille	U21 FEMALES Quest for Gold Full Cards Myoungji Phoebe Maruel Dillane Gattien Justine Leung Anne Lim
SENIOR MALES Quest for Gold Full Cards Othman El Nahas Don Ho De Jemel Gary Wiggan Sebastian Chiriac	SENIOR FEMALES Quest for Gold Full Cards Aliyah Capeland Rachael Kravitski
CANADA CARDS	
MALE CARDS	FEMALE CARDS
Krassan Young Bradley Langille Sherry El Nahas Ben Kardach	Jessica Kravitski



Jim Doherty Sensei – 20th Anniversary - January 2013

Hard work – 10 May 2004



January 2010



January 2013



January 2013



January 2013



January 1996



June 1996



March 1998



Lucy Au promotion to Shodan 14 March 2002



Saeid Shakeri





Book and Bake Sale - 26 March 1999
It is w/ Lucy Au, Amy Au, Adam Kravitzki, Alvin Lu, Jonathan Jindah, Alton Bello, Henry Chan



03-01-12 - Henry and Lucy



10-01-01 - Great Black Belts!! - Kevin, Adam, Amy, Alex, Matthew



Ontario Junior Championships – April 2002



09-09-19 - Andy & Kin at BBQ in Cedarbrook Park



ough team at Ontario Open – Nov. 2017



10 May 2004



29 October 2010



Good Judo Friends – June 2006



Kevin and Melissa – February 2001



February 2014



February 2014



08-09-06 - Alex & Joanna wedding



James and Jerrica – 10 July 2004



Refereeing at Scarborough Junior Shiai
29 May 2005



Heading to Medical School –
April 2009



David and Henry prepare for 20th Anniversary Celebration –



New Sandan and Nidan
January 2015



Training in Germany during Medical School



Black Belt Promotion





David Judah breakfalls over the horse

4 February 2001



March 2000



Jonathan Judah and David Judah demonstrate Goshin Jutsu No Kata

20 Jan. 2002



David Judah and Jonathan Judah demonstrate Goshin Jutsu No Kata

4 February 2001



Winning Team – March 2015



Class photo – July 2001



Facing the opponent
at Tora – April 2015



Asahi – September 2018



With J. Pedro – March 2017



Ippon at Nationals
May 2018



Two Golds in one day at Asahi Annu
September 2017



April 2012



Gold Medal – April 2014



Canadian Nationals – May 2018



Ippon at Canadian Nationals – May 2018