

Dr. Thomas J. Racey Sensei



I was born in April 1952 in Woodstock ON. I attended the very first Karate class held in Woodstock in June 1970. From 1970-1972 I trained with various instructors in various martial arts at the University of Waterloo

In 1972 I started training in Kingston, ON with Sensei Ken Woo, a student of O-Sensei Masami Tsuruoka and this is where I first met O-Sensei Masami Tsuruoka. Henceforth he was always my only Sensei.

I trained with Tsuruoka O-Sensei from 1973-2014 regardless of which city I lived in. During this period Tsuruoka O-Sensei was always my constant Mentor. During this time he encouraged me, and invited me, on occasion, to train with as many Sensei's as possible and to deeply study all the concepts of Karate-Do. The goal was to try and understand what others did and how they did it, to constantly experiment with technique, timing, distance and training with the goal to constantly evolve the effectiveness of Karate-Do. His comment was that people change and therefore the approaches to Karate must change. Always approach Karate-Do as a learner. Later in life I was privileged to have the opportunity to compare insights with O-Sensei on many occasions. I was incredibly fortunate to have been mentored by a True Master of Karate-Do.

In 1978 I was awarded the rank of Shodan by Tsuruoka O-Sensei. From 1983-2002, while I was a professor at the Royal Military College, I inherited the RMC Karate Club and became the Sensei and Coach of the RMC Karate Club and Team. We participated and successfully competed in Sport Karate through Karate Ontario, the Canadian University Championships, the Tsuruoka National Championships and with Westpoint Military Academy. From 1985-2001 I actively participated as a Certified Referee and Official with Karate Ontario. Hundreds of young military officers participated in this Karate program over that time. In 1999 I was awarded a Rokudan by Tsuruoka O-Sensei.

From 2002-2016 I have concentrated on the Budo aspects of Karate-Do. I am the Sensei and a Senior Instructor of the Kingston Military Community Karate Association and a Senior Instructor in the Tsuruoka Karate Organization of Canada. In 2013 I was awarded Hachidan by Tsuruoka O-Sensei. My daily goal is to constantly and incrementally improve the understanding of the Art of Karate-Do through training and share it with others.