
THE OKAMI KAI HOWLER



April 2005

Volume 6, Issue 8

Yes, We Are Moving

Some may think that should read... "YES! We are moving!"

We have been told that by July 1, 2005, Okami Kai will have a home in the new Body Fit location in the old DA building on Reach St. in Uxbridge. We will have full use of the changerooms, showers, juice bar, child care, and will also be given a discount should any members wish to join the health club. The dojo itself will have a 1500 sq. ft. padded hardwood training area on top of a 670 sq. ft. tatamis mat area. Class times will have to change slightly in order to accommodate fitness classes which will also be using the hardwood floor. At this point, it is safe to say that there will be one all ages class on Mondays at 5:30pm, and a children's class for all belt levels at 5:30pm until 6:30pm Tuesday to Thursday. Adult classes will stay the same at 8pm Tues-Thurs. The Brown belt class will move from 7pm to 7:30pm on the first Monday of every month. Exact times for Saturday morning have yet to be defined at this point but there will definitely be one Karate class for all ages and levels, one bo class, and one sai class. Monday and Wednesday morning classes will also continue but may be moved to a 10:30 time slot depending on certain things that will be occurring over the next couple of months. Lil' Dragons will continue to be taught at the usual times. This is a big change for our little club and obviously there is going to be a great desire for flexibility from everyone. We appreciate your patience and support as we try to get things organized in our new location.

Karate Curriculum DVDs Are Now Available

Shihan Walker and Sensei Campsall are featured in a series of DVDs that will help teach students our Karate curriculum. Each DVD features a different belt level from white to blue with another containing all three kyu requirements for brown belt students. A Bunkai DVD will soon follow. Each DVD is \$24.95 each.

Wolf Pack Report

There is a current Okami Kai walk-a-thon team list outside of the changerooms. Make sure you are on it if you intend to walk. If you are not, your points have not been added to your Wolf Pack's score.

Blue Pack Mackenzie and Thomas Allen got 300 points for registering for the walk-a-thon with their Mom and Dad. Reid Beukeboom also joined the Okami Kai team for another 100 points. Alex-Rose and Matthew Canario also earned 300 points for getting their parents to walk with them

3279 points

Red Pack Congratulations to Jeffrey Hight for becoming Ichiban for April. He has earned 100 points. Justin Dilts and Jeffrey Hight convinced their fathers to do the walk-a-thon with them giving this pack a total of 300 points.

1014 points

Yellow Pack Tyson James received 100 points for registering for the walk-a-thon.

942 points

Green Pack Liam O'Brien received 150 points for convincing his Mom to do the walk-a-thon with him.

900 points

Still Time To Walk



Okami Kai is still looking for team members and pledges for the walk-a-thon happening April 17 at 9:30am. Talk to Sensei or visit the MS website at www.supercitieswalk.com in order to show your support.

Both the 5km and the 10km walks start at 9:30am at Uxbridge Secondary School and will finish with a free delicious barbecue lunch. All walkers are encouraged to check in on the Saturday afternoon at 1pm at U.S.S. instead of waiting until the Sunday morning to check in at the available 8:30am time.

Summer Karate Day Camp News

Our summer Karate Day Camp will be held during the week of **July 11 thru to July 15 from 9:30am until 3pm each day**. Children ages 6 and older can learn Karate in the mornings at the dojo and then participate in another fun activity in the afternoon. Afternoon activities last year included swimming, bowling and a tour of Northwood Zoo in Seagrave. Current members can participate for \$145 plus tax*. Non-members will be required to pay \$180 plus tax* but will also be provided their very own Okami Kai gi and T-shirt that will be theirs to train in and keep after camp is over. Bag lunches for each day will be required as well as suitable clothing for each activity.

New This Year! Okami Kai's Elite Day Camp! July 18-22

This camp is strictly for Blue and Brown belts and will feature different black belt instructors as well as Sensei Campsall. Afternoon activities include swimming, laser tag, and archery. Price is \$165 plus tax*.

** Participants for both camps must be registered by June 30, 2005. An additional \$25 per person will be charged for people who wish to register after this date.*

Watch Where You Park

Snow is melting and the dojo parking lot is on a flood plane. This can sometimes make it difficult to maneuver cars. We recommend all drivers park close to the building and closer to the road where it is much drier. This will help to avoid your car getting dirty or even getting stuck. This is one more reason we are very thankful for the chance to move to a new facility.

There was a little guy sitting at a bar drinking a beer. A while later a huge guy walked into the bar and he went up to the little guy and karate chopped him in the back. The little guy fell off his bar stool and when he got up the big guy said, "That was a karate chop from Korea."

The big guy went to the restroom and the little guy ordered himself another beer. About 20 minutes later the big guy came back and karate chopped the little guy in the back again. The little guy got up and dusted himself off and the big guy told him, "That was a karate chop from China."

The little guy got up and decided he wasn't going to take any more of this, so he left the bar. About an hour later the little guy comes back to the bar and he hits the big guy in the back. The big guy is knocked out cold and he's on the floor. The little guy tells the bartender, "Tell him that was a crowbar from Sears!"

It's Time To Beat Time

SomaLife gHP "Youth Formula" is an amino acid blend stack formulated and patented to safely support the release of human growth hormone from the pituitary gland at the base of the brain. When the pituitary releases HGH it is never too much and never too little and multiple scientific papers have shown that safely restoring HGH levels will assist in slowing, stopping and even reversing many of the changes of aging. SomaLife gHP "Youth Formula" will go on working for you all your life and these are the kind of results a person might look forward to...

- Increased energy
- Improved memory
- Improved sexual function
- Improved vision
- Restored muscle mass
- Reduced body fat
- Reduced wrinkles
- Improved stamina
- Stronger skin elasticity
- Improved immune function
- Gradual hair color restoration
- Elevated mood and improved sleep

To find out more about this amazing product, you can speak to Sensei or visit this website at <http://www.asomaworld.net/31466>

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