

# THE OKAMI KAI HOWLER



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April 2007

## Tournament Time!

Sign up now for the OK Event Fund's first ever Friendship Tournament on Sat. May 5. This is open to any martial artist who wants to compete in the following categories...

**Point Fighting (Sparring)** – Students will be separated by size, age, and experience. Exact classes to be determined.

**Kata** – Students will be separated based on their kata of choice and their level of ability.

**Team Kata** – Any size team of two or more will be accepted. Students will be evaluated on synchronization and overall performance

**Choreographed Demonstration** – Students will be evaluated on overall entertainment value. Teams of two or more participants will be accepted.

An entry fee of \$30 per person must be submitted on or before the day of the tournament. Nobody who does not sign up prior to the event will be permitted to participate.

**There will be no regular classes on this day.**

## Sparring Session

Our next sparring session for brown and black belts will be on **Mon. Apr.23 at 8pm**. These sessions are slightly more intense than our usual "light" sparring sessions that we have in class. All men have to wear supports. All women should look into chest protection. Mouth guards, shin pads, and forearm pads are all voluntary, but are recommended. **Head gear is mandatory.** If you are interested in attending, you should let Sensei know as you will be required to sign a separate waiver and this must be completed before you can participate. You should also allow at least one week for delivery of any equipment that you do not have, but would like for this session.

## 14 Walkers and Growing!

Okami Kai's Walk-A-Thon team is smaller than in the past, but is still working hard to earn sponsors for this year's event happening on Sun. Apr. 15.



Wolf Pack members should note that as we have in the past three years, any person who registers for the walk will be given 100 points for their pack. They will then be given an additional 50 points for every person they can convince to walk with them. Plus, anyone who beats Sensei's total will be given a point for each dollar over and above his amount. Full pledge sheets should also be shown to Sensei as he will match points for dollars on each full sheet too. This is a great opportunity to make some changes to this year's scores. Green Pack should definitely think about making an effort for this event.

**Don't forget that the person who beats Sensei by the highest amount will become Ichiban for the month of May. This includes adults!**

If you would like to be a sponsor or a member of Team Okami Kai at the walk-a-thon you can visit the official website at [www.supercitieswalk.com](http://www.supercitieswalk.com)

Or, visit Sensei's personal support page at <https://msors.mssociety.ca/walk2007/Sponsor.aspx?L=2&PID=896023>

## Mark Your Calendar!

For more information visit [www.okamikai.com](http://www.okamikai.com)!

- Apr.2 – Okami Kai Brown and Black Belt Class
- Apr.7-Apr.9 – Easter Weekend (No Classes)
- Apr.14 – MS Society Dress Down Day
- Apr. 15 – MS Supercities Walk
- Apr.16 – OK Event Fund Meeting
- Apr.20 – OK Event Fund Youth Dance
- Apr.21 – All Kyu Belt Grading at HBK
- Apr.23 – Sparring Session
- Apr.28 – OK Event Fund Dress Down Day
- Apr. 29 – Teaching Course (Date Change)
- May 5 – Friendship Tournament (No Classes)
- Aug.17-19 – Warrior Weekend

## On Guard Motivational and Instructional Teaching Course

Register now for a 6-8 hour detailed course of study taught by Kyoshi Kevin Blok. This course focuses on motivating oneself and others as well as improving and upgrading your delivery of instructional techniques of all kinds. The program includes the basic concepts of how we learn most and least effectively, the K.I.S.S. principle, chunking, active listening and effective communication. Also included is how to give and receive criticism, empathy in communication, using feedback, information retention and re-enforcement, review, and personal accountability. The motivational section of the course includes knowledge versus wisdom, building rapport, expectations and direction, patience, attention, empowerment, kaizen (the concept of continual improvement), encouragement, adjusting and focusing on appropriate priorities, commitment to excellence, personal bliss and walking the talk. A graduate certification diploma is provided after successful completion of the course.

This course will take place on **Sunday April 29** in the Community Room located on the second floor of Zehrs at 321 Toronto St.S. in Uxbridge from 9:30am until 5:30pm.

Use your credit card and register online for this course at [http://www.active.com/event\\_detail.cfm?event\\_id=1415252](http://www.active.com/event_detail.cfm?event_id=1415252)

### Sign Up!



We will gladly provide a plastic bag (election) type sign for anyone who would be willing to place one on their property. This is a great way to show your martial arts school support and also to help grow the awareness of Okami Kai within the community. Please speak to Sensei if you are interested.

## Make Plans For Warrior Weekend '07!

Mark your calendar for **Aug.17-19** and plan on being a part of the best Warrior Weekend yet! Cedar Beach Tent and Trailer Park in Stouffville will be the venue for this year's event. Reservations for tent and trailer spots should be made as soon as possible as they are being taken on a first come, first serve basis. You can reach their office by phone at **905-642-1700**.

## Wolf Pack Report

**Red Pack** Aylivia Taylor received 100 points for registering for the MS Walk-A-Thon. Senpai Justin Dilts received 100 points for registering and also received 50 points for encouraging his Dad to walk too. Katrina Taylor earned 100 points for registering the Walk-A-Thon too.

**1908 points**

**Yellow Pack** The Billing family earned 350 points for this pack due to their registration for the MS Walk. That made this pack move to second place!

**969 points**

**Blue Pack** .

**893 points**

**Green Pack** Welcome Hayley Brown!

**562 points**

## Dress Down Days!

Our next Dress Down Day will be in support of the MS Society on Saturday April 14. We will have another one in support of the OK Event Fund on April 28. Students do not have to wear their uniforms providing that they bring \$2 for each class they attend. All regular weapons fees are still required. **These are optional events. No student should feel that they have to supply the extra fee or not be able to wear their gi.**



Can't Get To Class? Train At Home!  
Pick up the DVD for your level today!  
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