

# THE OKAMI KAI HOWLER



Volume 9, Issue 8

April 2008

## Kingston Kicks!

Sensei Campsall is teaching with Kyoshi Kevin Blok, Shihan Norm Beauchamp, and a long list of other instructors at an event happening at the Ambassador Hotel in Kingston on **June 7-8**.

For more information you can check out the message board in the Upcoming Events section on [www.okamikai.com](http://www.okamikai.com) or talk to Sensei Campsall.

This promises to be a very fun and worthwhile event where all of our students and their families will have a weekend to remember.

## More Iaido

Sensei Campsall will be teaching two classes this month for anyone interested in learning Iaido (Japanese Sword). You must register in advance for each class happening on **April 11 and 25** as space will be limited. Price is \$10 per student per class.

Bokken should at least be purchased by anyone seriously interested in taking up this study for \$18 each. Iaito (training swords) and hakama can also be purchased through our office should they be desired.



## Free Security System

It has been well documented that stickers placed on homes by alarm companies stating that their particular system is working on the premises is a major deterrent for thieves or vandals who are looking for places to break into. Just think how much a sign advertising that there is a Karate student on the property would give these people second thoughts!

We are once again supplying plastic bag (election type) signs to any of our student's families who would be willing to place these on their property. Please speak to Campsall Sensei if you would like one free of charge.

## Team Okami Kai - 36 Members and Growing

There is still time to register for this year's MS Supercities Walk-A-Thon happening on Sun. Apr. 13.



Anyone who has registered should take advantage of the check in time offered on Sat. Apr. 12 between 9am and 12pm. It is a lot less hectic than in the morning before the walk happens at 9:30 the next day. The check in area is at Uxbridge Secondary School which is the same place as where both the 5km and 10km walks start.

See you there!

## **Look For Information Regarding Our Summer Day Camp In Next Month's Howler!**

### Mark Your Calendar!

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

- Fri. Apr. 4** – Okami Kai Brown and Black Belt Class
- Sat. Apr.5** – Hat Sale Day!
- Sat. Apr.5 & 12** – Dress Down Days
- Apr. 11 & 25 at 7pm** - Iaido
- Sun. Apr.13** – MS Walk-A-Thon
- Apr. 19-20** – On Guard CDT Course
- Apr.25 at 8pm** – Sparring Club
- Mon. Apr. 28** – HBK Brown and Black Belt Class
- Sat. May 3** – Kyoshi Blok Seminar in Oshawa
- May 8-11, 2008** – WKF Convention in France
- Tues. May 13** – Sensei Yasuhisa Shioda Aikido Seminar in Windsor
- June 7-8** – Kingston Kicks
- June 21-22** - MMA Expo III in Toronto
- Aug.9-10** – Summer Synergy Aikido Convention

## Wolf Pack Report

**Yellow Pack** got sick of being in last place and moved all the way to first! Don't forget that there is still time to register for the MS Walk and Campsall Sensei is still taking 2<sup>nd</sup> Term report cards if you want extra points.

**Yellow Pack** Congratulations to Christopher Carter for being chosen as this month's Ichiban! Christopher also got 100 points for signing up for the MS Walk. He got another 100 for encouraging his Mom and brother to join him. Regan Hughes got 100 points for signing up for the MS Walk and also received 150 points for getting some of his family members to join him. **Welcome Rbleigh Rodych!** Reece Rodych got 100 points for bringing you in.

1805 points

**Red Pack** Justin Dilts got 100 points for signing up for the MS Walk and another 50 points for getting his Dad to join him. Jack Hughes got 100 points for signing up for the MS Walk. He got an extra 50 points for convincing his Dad to walk with him.

1178 points

**Blue Pack**

920 points

**Green Pack** Welcome Brittany Limages!

826 points

## How To Be The Best

*Christian D. Larson*

- Be so strong that nothing can disturb your peace of mind.
- Talk health, happiness and prosperity to every person you meet.
- Make all your friends feel there is something special in them.
- Look at the sunny side of everything.
- Think only of the best, work only for the best, and expect only the best.
- Be as enthusiastic about the success of others as you are about your own.
- Forget the mistakes of the past and press on to the greater achievements of the future.
- Give everyone a smile.
- Spend so much time improving yourself that you have no time left to criticize others.
- Be too big for worry and too noble for anger.

## Hat Sale Day!

Save \$5 each on all Okami Kai

Hats on Sat. Apr.5!

This goes for our black and white  
baseball caps (\$12)  
and our winter hats (\$10)!

## Martial Arts Word Scramble

*The first 10 Wolf Pack members that submit this puzzle with the correct answers to Sensei Campsall will receive 50 points for their pack!*

**DWORS**    \_ \_ \_ \_ \_

**KIADIO**    \_ \_ \_ \_ \_

**ARKATE**    \_ \_ \_ \_ \_

**HUNCP**    \_ \_ \_ \_ \_

**AIKI**    \_ \_ \_ \_ \_

**HROWT**    \_ \_ \_ \_ \_

**ENSIES**    \_ \_ \_ \_ \_

## On Guard CDT

Kyoshi Kevin Blok will be teaching an intensive course on **April 19-20** covering a variety of topics including practical self defense techniques, use of force continuum, aligning skills for greater effectiveness, hold reversals, blocks, checks, pressure point controls, stuns, basic edged weapon defense and more with a strong focus on control of others for arrest and/or detainment. A graduate certification diploma is provided after successful completion of the course.

Price is \$350 per person or \$300 for CAFI members.