

# THE OKAMI KAI HOWLER



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## Baton Course Added to Kingston Kicks!

Sensei Campsall is teaching with Kyoshi Kevin Blok, Shihan Norm Beauchamp, and a long list of other instructors at Sensei Ted Theelen's event happening at the Ambassador Hotel in Kingston on **May 23-24**.

The Saturday features seminars while the Sunday offers a very fun and safe tournament where our students from all ranks and ages are allowed to participate.

**There is also now baton courses being taught on the Sunday for those interested in obtaining their user or instructor certifications.**



## We Have HBK Anniversary Party Tickets

You don't have your workshop or party tickets for the big day being planned in Port Perry on April 18? Don't worry. You can pick up yours at our office. Price for the full day of workshops and the dinner dance is \$85. Dinner/dance only is \$40. Training only is \$60. Talk to Campsall Sensei to get yours.



## Mark Your Calendar!

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

- Sat. Apr.4 – Kyoshi Blok Seminar in Kingston
- Sat. Apr.4 – T-Shirt Saturdays Start!
- Apr.11-13 – Easter Weekend (**No Classes**)
- Sat. Apr.18 – HBK 20<sup>th</sup> Anniversary Party
- Sun. Apr.19 – MS Walk-A-Thon
- Mon. Apr.27 – HBK Brown and Black Belt Class
- May 23-24 – Kingston Kicks
- July 13-17 – Karate Day Camp
- Aug.7-8 – Summer Synergy
- Nov.7-8 – Break Fall 2009

## 23 Members and Growing!

Our Walk-A-Thon team is gradually getting bigger, but we still need your help.

We're looking for walkers and sponsors who can help us reach our goals. We'd love to see our team break our record of 44 participants and we'd also love to shatter our fundraising record and be able to raise \$4000 towards the destruction of MS.

We need your help. Go to [www.supercitieswalk.com](http://www.supercitieswalk.com) and register to be a part of our team, or help us out by sponsoring someone who is already walking, or put the money towards the entire team effort.

Walkers should remember to record any amount that has not yet been handed into the MS Society in their personal account that can be accessed by typing in their username and password after they login to their on the website.



## Karate Day Camp

We are now registering students for our Karate Day Camp that will be running during the week of **July 13-17 from 9:30am until 3pm**. Participants will learn Karate from different black belts during the morning and then do a different activity in the afternoon. Some activities being planned at this time are swimming, a special science experience taught by Elephant Thoughts, and a trip to Northwood Zoo in Seagrave.

Price is \$165 per person for current Okami Kai members. Non-members are \$190 per person. All participants are asked to bring a bag lunch and comfortable clothing for each day of the camp.



## T-Shirt Saturdays!

All classes on Saturdays starting April 4 will be designated as T-shirt Saturdays.

All students will be allowed to wear their Okami Kai T-shirts and whatever pants they are comfortable in unless otherwise announced in class (gradings, events, etc.).

There is a charge of \$2 per class for anyone wishing to do this. All the money will be donated to the MS Society until the Walk on April 19 and then to the Gorgon Foundation after this date.

No student should feel that they have to participate. Standard and traditional dogi are more than acceptable and no additional charge will be associated with this.

**“I didn’t want to quit and say for the rest of my life ‘Maybe I could have been...’”**

### **- Frank Shorter, Distance Runner and Olympic Gold Medallist**

Frank Shorter knew what it was to do a grueling workout. He logged hundreds of miles a week when he was in training. He could have quit and not run those long miles every day, the ones that, by the time he finished, made him feel like every muscle and bone in his body was going to break in to little pieces. How many miles do you think Frank Shorter ran before he won his gold medal? Could you and I have kept going?

As martial artists, we may have picked an activity that’s just a little less grueling than long-distance running, but not one that doesn’t, on occasion, want to make us give up. Every serious martial artist can ask him or herself the same question Shorter did, “Do you want to be a ‘could have been?’”

We can always do better than we think we can, but the key is to go the distance, to never give up.

## Wolf Pack Report

We still need more walkers for our Walk-A-Thon team. Remember that any Wolf Pack member who registers gets 100 points for their pack. Anyone who joins them is worth 50 points. Don’t just ask your family. Everyone is welcome to join us! Just make sure Sensei knows they’re with you so he can record the points.

Also, do you have a full pledge sheet yet? Sensei is giving a point for every dollar raised on full pledge sheets.

Beat his total and you will automatically be made Ichiban for May too.

**Yellow Pack** **Congratulations to Robert Radovini who was chosen as Ichiban for this month!** Regan and Jessica Hughes gave their pack 300 points for registering for the MS Walk and getting others to join them. Reece Rodych got 100 points for joining the Walk. He also got another 150 points for his Mom, Dad and brother to walk with him. 2337 points

**Blue Pack** Alex-Rose Canario got 250 points for joining the MS Walk and getting her family to join her. 1273 points

**Red Pack** **Welcome Jacob Campsall!** Jacob got 100 points for joining the MS Walk as well as Jeffrey Hight. 1039 points

**Green Pack** 859 points

