

# THE OKAMI KAI HOWLER



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## We're in 5<sup>th</sup> Place!



According to [www.mssociety.ca](http://www.mssociety.ca), at the printing of this newsletter our Walk-A-Thon team was in 5<sup>th</sup> place out of all the teams walking in the Uxbridge MS Walk on **Sun. Apr.18**. Last year, we were the 1<sup>st</sup> place team. C'mon people! We have a title to defend!

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.mssociety.ca](http://www.mssociety.ca) and click on Special Events. You can then register to be a part of our team, 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 12-16 from 9:30am until 3pm**. Participants will learn Karate in the morning and then do a different activity in the afternoon. Last year, we went swimming, had a special science experience taught by Elephant Thoughts, and went on a trip to Northwood Zoo in Seagrave. This year, some new activities are currently being planned.

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

## T-Shirt Saturdays Are Back!

T-shirt Saturdays return on **Sat. Apr.24**. Students do not have to wear their uniforms on any Saturday until September providing that they are wearing an Okami Kai T-shirt and bring \$2 for each class they attend. All proceeds will be given to the Gorgon Foundation. All regular weapons fees are still required. **This is an optional event. No student should feel that they have to supply the extra fee and not be able to wear their gi.**

## Lock Up Your Valuables

**As much as it pains us to have to inform people of this, we strongly advise that all of our students who wish to use the changeroom facilities bring a lock to secure their valuables.**

**Some rather expensive items and small amounts of money have gone missing.**

**Neither Okami Kai or Body Fit are willing to assume any responsibility for lost or stolen items while you are working out in the gym or training in the dojo.**

## Congratulations to Griffen McKenzie!

He was the winner of the \$250.00 Wal-Mart gift card prize from the "Bring A Buddy" Contest!

## Mark Your Calendar!

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

**Fri. Apr.16** – Brown and Black Belt Class

**Sat. Apr.17** – Renshi Theelen Class (**No Weapons Class**)

**Sun. Apr.18** – MS Walk

**Sat. Apr.24** – T-Shirt Saturdays Return!

**Apr.30-May 2** – World Kobudo Convention

**June12-13** – Kingston Kicks

**July 12-16** – Karate Day Camp

# Why Go To Kingston Kicks June 12-13?



## 1. It's a great family weekend.

Our students can train while the non-martial artists can do some sightseeing around beautiful Kingston. Don't forget about the 100' waterslide and heated pool at the Ambassador Hotel where the event is taking place! Don't take our word for how cool this place is. Check out <http://www.ambassadorhotel.com>.

## 2. Our students can learn lots of things that they can't learn at Okami Kai.

Kingston Kicks is offering some instructors that either know more on a subject than Campsall Renshi or they know something that he hasn't even been exposed to. Add the fact that Renshi's Aikido instructor and Karate instructor will be there and you can bet that when he's not teaching that HE will be training!

## 3. Our students can enter a fun tournament for the first time.

We teach martial arts for self defence. We don't emphasize the principles on how to train for tournaments. As a result, we don't usually enter them. Although we are not against the idea of sport Karate, it is not our main focus. Kingston Kicks is offering a very friendly run tournament where our students can participate and learn about this area of martial arts training. It has been very well run in the past and has the potential to be a very positive experience for all participants.

## 4. It's Fun!

There is only one problem when you attend a martial arts event like this. Eventually, it has to end. Don't miss your chance to learn what we mean.

You can register and check out all of the up to date information for this event by visiting the website at [www.kingstonkicks.ca](http://www.kingstonkicks.ca). Sure, there are lots of other reasons why you should go, but we want you to come out and find out the rest for yourself.

### Wolf Pack Report

#### Blue Pack

5729 points

Yellow Pack Congratulations to Jessica Hughes who was chosen as Ichiban for this month! Robert Radovint, Raleigh Rodych, and Hunter Rodych all got 100 points for registering for the MS Walk. Raleigh and Hunter got another 50 for getting their Mom to walk with them.

5670 points

Red Pack Jacob Campsall got 100 points for registering for the MS Walk

3636 points

Green Pack Welcome Lewis Ibbett, Dre Manolakos, and Johnny Manolakos! KC Lenardich got 100 points for registering for the MS Walk. She also got another 50 for encouraging her Mom to walk with her.

3422 points

### WKF Convention

Another fantastic event is happening in Levis, Quebec on **April 30-May 2**. The World Kobudo Convention features fabulous training, a night of kickboxing, and an amazing martial arts demonstration show featuring Shaolin monks from China and some members of Cirque du Soleil!

Campsall Renshi is attempting to group people who would like to go together to help save the costs of fuel and accommodations. Talk to him if you are planning on attending.

### Interested in Iaido?

A small group of individuals are now taking classes in the art of Japanese Swordsmanship on Wednesday evenings after the adult class. No previous martial arts experience is necessary. Talk to Campsall Renshi if you are interested.

