

# THE OKAMI KAI HOWLER



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## Wolf Pack Report

**Blue Pack** Blue Pack is the winning Wolf Pack again!!! This pack has triumphantly controlled the colour of pennants on our dojo wall for five out of seven years! They will be honoured at Okami Kai's special anniversary party happening on Fri. Sept. 8 at 6:30pm where we will be going to the Putting Edge in Whitby to play mini-golf and enjoy some pizza. Anyone in Blue Pack is free. All friends, family members, and other Okami Kai members need to pay \$25 each in order to participate. Anyone planning on joining us whether in Blue Pack or not needs to advance register with Sensei before Aug. 17. Congratulations to Mackenzie Allen for getting a straight A report card!

4437 points

**Green Pack**

4252 points

**Yellow Pack**

3541 points

**Red Pack** Congratulations to Terran Comer for being selected as the Ichiban for August!

2075 points

## Warrior Weekend '06 update

Due to an unforeseen complication, Kyoshi Blok is unable to teach at Warrior Weekend '06. In his place, Sensei Bill Taylor who is one of Kyoshi Blok's students and a Nidan black belt in Yoshinkan Aikido will be instructing. Also just added, Kerstine Szederkenyi will be teaching a massage therapy class on the Sunday morning geared specifically for martial artists. You don't want to miss this fantastic weekend! Reserve your space and your accommodations now!

## The Iceman Cometh!



23 time World Kickboxing Champion Jean-Ives "The Iceman" Theriault is coming to the Okami Kai dojo! He will be teaching two seminars that are open to the public and **you will not need martial arts experience to participate.** One will be for children ages 6 years and up. This will take place at 1pm and will be \$15 per person for members and \$20 per person for non-members.

Another seminar geared specifically for adults will take place between 2:30 and 4:30pm. Prices for this seminar will be \$30 for members and \$35 for non members. You should plan on bringing some extra cash to purchase his new biography too which will also be on sale at this event. Make sure you get him to sign your copy. This all takes place on **Sat. Oct. 14**, but you can always register now to avoid disappointment as space will be limited.

For more information about this incredible kickboxing icon, you can visit his website at <http://www.icemankickboxing.ca>

Remember that there will be no classes on

Sat. Aug. 5, Mon. Aug. 7,  
Sat. Sept. 2, or Mon. Sept. 4  
due to the Holiday weekends.

## Saturday Weapons Class Change

We will only have one weapons class for both sai and bo students running from 10:30 until 11:15am on Saturday mornings for the month of August. Everything will go back to normal on Sept. 9. We strongly advise that any blue or higher belt thinking of grading in September should train at least once a week in either the Monday morning or Saturday morning weapons class.

## Mark Your Calendar!

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

Aug. 18-20 – Warrior Weekend

Sept. 8 – Anniversary Party

Sept. 16-17 – On Guard Course

Sept. 29 – OK Event Fund Youth Dance

Sept. 30 – Kyu Belt Grading

Oct. 2 – Brown and Black Belt Classes Return

Oct. 14 – Seminars with Jean-Ives Theriault

## On Guard Is Coming



*"This is the most intensive and well rounded self defense course that I have ever seen!"*

- Sensei Scott Campsall

Sensei took the same On Guard course in July that is going to happen in September in our dojo. He was extremely impressed with the amount of training that was covered within a 15 hour period.

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 were all covered and a certificate was also granted to him due to his participation. He will be attempting to go for his instructor's certificate Sept. 16-17.

The credentials of Kyoshi Blok who is the instructor for the course, as well as a full list of clients who have benefited or are benefiting from this course are listed on the official website at

[www.onguardtactics.com](http://www.onguardtactics.com)

Members from the OPP and the Toronto Police Force are expected to participate helping to make this an extremely informative weekend.

**Price is \$300 per person. Any adult can register, but you must do so before Sept. 5. Payment can be made by cash or cheques payable to Okami Kai. Post dated cheques for the weekend of the event are accepted.**

The way I see it, if you want the rainbow, you gotta put up with the rain.

- Dolly Parton



## Get Some Of This Great Okami Kai Merchandise Today!

T-Shirts – Black and White (some grey still available)	\$20
Karateka T-Shirts	\$25
Hats <u>Now Available in black or white!</u>	\$17
Sports Bags	\$35
<u>New!</u> Workout Towels	\$6
Personalized Workout Towels	\$7
<u>WarmUp Windsuits</u>	
Jackets	\$70
Regular Pants	\$60
Zip Off Short Pants	\$65

## New Shop and Support Order Form!

Check out the latest Preferred One Shop and Support order form attached to this newsletter. Now there are even more retailers to choose from including the internet shopping mogul **Amazon.ca!** Remember that every purchase of a gift card helps those Okami Kai students who are working hard to raise money towards a training trip to Japan in May 2007.

**Don't forget that we're collecting Zehrs tapes too.**

Please see our collection box at the front of Body Fit.

## Kamakura Information

*We will now be inserting some general information about our upcoming trip to Japan in future newsletters. We are hoping that this will help to generate more awareness about the trip and also help encourage the people thinking of traveling to Japan to do some research on their own.*

Kamakura is a coastal town in Kanagawa prefecture, less than one hour south of Tokyo.

Kamakura became the political center of Japan in 1192. The Kamakura government continued to rule Japan for over a century, first under the Minamoto shogun and then under the Hojo regents.

After the decline of the Kamakura government in the 14th century and the establishment of its successor, the Muromachi or Ashikaga government in Kyoto, Kamakura remained the political center of Eastern Japan for some time before losing its position to other cities.

Today, Kamakura is a very popular tourist destination. Sometimes called the Kyoto of Eastern Japan, Kamakura offers numerous temples, shrines and other historical monuments. In addition, Kamakura's sand beaches attract large crowds during the summer months.