

# THE OKAMI KAI HOWLER



Volume 9, Issue 10

August 2008

## Wolf Pack Report

**CONGRATULATIONS YELLOW PACK!** For the first time in Okami Kai history, you are the winning Wolf Pack! YELLOW PACK will be honoured at Okami Kai's special anniversary party happening on Sat. Sept. 6 where we will be going to the Putting Edge in Whitby to play mini-golf and enjoy some pizza. Anyone in YELLOW PACK is free. All friends, family members, and other Okami Kai members need to pay \$25 each in order to participate. People who would like to join us whether they are in YELLOW PACK or not need to let Sensel know on or before Aug.23.

All scores have now been reset to zero with the exception of Yellow Pack who earned 100 points because **Regan Hughes** was chosen as this month's Ichiban! Congratulations Regan! It looks like this pack is off and running to try and win two years in a row!

100 points

**Red Pack** Congratulations to Justin Dilts for getting a straight A+ report card last month!

0 points

**Green Pack**

0 points

**Blue Pack**

0 points

## Business Cards Are Coming Back!

In the next few weeks we will be once again handing out business card sized coupons to our students that they can give out to their friends and family. Each card will entitle the bearer to 65% off a Karate Start Up package that includes a uniform, private intro class, and a two week trial membership. This is a great tool for people who are looking to benefit from our Referral Program.

## Visit The Amazon Through The Wolf Den!

Remember to access Amazon.ca through the Wolf Den on [www.okamikai.com](http://www.okamikai.com) (located in the Students section). Okami Kai is listed as an Amazon.ca affiliate which means that your school benefits from all of your purchases when you access their site through ours!

## The Results Are In!

Our Supercities Walk-A-Thon team contributed to a record breaking year, with 2113 teams across Ontario helping to raise more than \$6.5 million in support of MS research and services. This year the Uxbridge WALK raised an amazing \$54 447!! As of July 7th, our team, Okami Kai, raised \$3 587! Get ready for next year!



## Mark Your Calendar!

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

Aug.2&3 – Civic Holiday Weekend (**No Classes**)

Aug. 8 & 9 – Summer Synergy (**No Aikido at the Okamikan**)

Aug.23 – **Dress Down Day**

Sept.6 – Okami Kai Anniversary Party

Sept.13 – Kid's Tactic Bully Buster Class

Sept.20-21 – On Guard CDT Course

Sept.27 – Karate Kyu Belt Grading (**No Classes**)

## On Guard CDT Course

The next On Guard Control and Defense Tactics course has been scheduled for the weekend of Sept.20-21.



This is an intensive 12-16 hour course which covers 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.

For a full list of clients who have benefited or are benefiting from this course you can visit the official On Guard website at [www.onguardtactics.com](http://www.onguardtactics.com)

**Price is \$350 per person or \$300 per person for CAFI members (Aikido students). Prices will go up \$25 per person after Sept.6. Any adult can register. Payment can be made by cash or cheques payable to Okami Kai. Post dated cheques for the weekend of the course are accepted.**

**You can also register with your credit card online by visiting this webpage...**

[http://www.active.com/page/Event\\_Detail...40c1a59077](http://www.active.com/page/Event_Detail...40c1a59077)

## Fall Karate Kyu Belt Grading

Our next grading for all kyu belts in Karate will take place at the Okamikan on **Sat. Sept.27.**

All orange belts or higher wishing to grade must submit a Request to Grade form into our office no later than Sept.16. Any white or yellow belt who is ready to test will be given a letter from Sensei informing them that they are on the grading list. All grading fees must be submitted by Sept.23. Anyone who does not have their fee in by that time will not be allowed to test. Anyone who owes money for tuition or merchandise must also pay this amount by the Sept.23 deadline in order to be tested.

We strongly recommend that all students attend classes at least twice a week in order to prepare for their test whether they are grading in September or at future gradings. Private classes with Campsall Sensei are also available and will be booked on a first come, first serve basis.

## **Kid's Tactic!**

### **Bully Buster Class**

Campsall Sensei will be teaching a special one hour Bully Buster class from Okami Kai's Kid's Tactic curriculum on **Sat. Sept. 13 at 1:30pm.** During this course, children as young as 6 years of age can learn...

- ✦ How to stop a bully from wanting to pick on them
- ✦ Non-violent ways of handling a conflict with another student
- ✦ Techniques to help stop a physical fight before it starts
- ✦ How to use body language to their advantage
- ✦ Self defense techniques that can be used when there is absolutely no other choice and will help them get to an adult for help.

Price is \$10 per person for anyone registered before Sept.2. Prices are then \$15 per person. All money will be given to the Gorgon Foundation. No martial arts experience is necessary so be sure to invite anyone that you feel would benefit.

Two monks were once traveling together down a muddy road.

A heavy rain was falling. Coming around the bend,

they met a lovely girl in a silk kimono and sash, unable to cross the intersection.

"Come on, girl," said the first monk. Lifting her in his arms, he carried her over the mud.

The second monk did not speak again until that night when they reached a lodging temple. Then he no longer could restrain himself.

"We monks don't go near females," he said. "It is dangerous. Why did you do that?"

"I left the girl there," the first monk said. "Are you still carrying her?"