

THE OKAMI KAI HOWLER



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August 2009

Wolf Pack Report

Yellow Pack Congratulations Yellow Pack. You are the winning Wolf Pack for the second year in a row!!! Each member has won gift certificates to the Roxy theatres (good for admission or concessions). You must claim your prize from Renshi before **Aug.31, 2009**. All scores were reset to zero as of Aug.1. Look for the updated points in this month's E-Howler. It's every pack for themselves again. Good luck!

3883 points

Red Pack Congratulations to Jacob Campsall for being chosen as Ichiban for this month! As this is effective **Aug.1**, his points will be added to start of the new year. Congratulations to Hailey Brauch for getting a straight A report card!

2863 points

Blue Pack

2176 points

Green Pack

1433 points

Do You Have Your Tonfa Yet?

Our first lessons in tonfa start during the weapons class on **Sept.12**. You must have your own pair in order to learn the techniques and forms associated with this weapon. Order yours from Renshi today.



Also, please note that you will be allowed to alternate which weapon you train with from week to week, but you must choose one weapon to grade with. It is not conceivable that a student will be able to use this weapon should they plan on grading on Sept.25

Fall Kyu Belt Grading

Our next grading for all kyu belts in Karate will take place at the Okamikan on **Fri. Sept.25 at 6pm**. We strongly suggest that anyone wishing to test start preparing now.

Orange belts or higher wishing to test must submit a Request to Grade form into our office no later than Sept.11. Any white or yellow belt who is ready to test will be given a letter from Renshi informing them that they are on the grading list. All grading fees must be submitted by Sept.20. Anyone who does not have their fee in by that time will not be allowed to test.

Happy 10th Anniversary Okami Kai!

Sept.7, 2009!

Thanks to all
of our students and
their families for a
fantastic 10 years!

And we're just getting
started...



Mark Your Calendar!

For more information visit www.okamikai.com!

Aug.1-3 – Civic Holiday Weekend (**No Classes**)

Aug.7-8 – Summer Synergy

Aug.11. Free Isagenix Enrollment ends

Sept.5-7 – Labour Day Weekend (**No Classes**)

Mon. Sept.7 – **Happy Anniversary Okami Kai!**

Sat. Sept.12 – Tonfa classes start

Fri. Sept.18 – Brown and Black Belt Class

Fri. Sept.25 – Karate Kyu Belt Grading

Nov.7-8 – Break Fall 2009

Free Isagenix Enrollment

Isagenix is now offering a chance to enroll as an associate or preferred customer for free until Aug.11!

Now you can save the \$39US membership fee that acts just like a Costco membership at saving you money on your favourite Isagenix products. Don't pay retail prices anymore. Start saving money today! Please contact Sensei Darcie or Renshi Campsall if you would like to take advantage of this offer and we can work together to get you going.



We're On facebook!

Okami Kai Karate and Aikido now has our own facebook page! Why? Just because. Our own website www.okamikai.com has a photo album, message boards and even a chatroom, but now you can do all that while chatting to others in the facebook community. Anyone is welcome to become a fan so if you haven't already registered, feel free to do so today. It's one more way that you can communicate with your dojo!



A new student approached the martial arts master and asked how he should prepare himself for his training. "Think of me a bell," the master explained. "Give me a soft tap, and you will get a tiny ping. Strike hard, and you'll receive a loud, resounding peal."

Good News, Bad News

First, here's the good news. We printed the third edition of our Okami Kai Karate Student Handbooks and the second edition of our Okami Kai Aikido Student Handbooks!

Now, here's the bad news. There have already been some changes to our school and the curriculum since they were printed.

You are welcome to come and pick up yours if you would like. The faster we can get through these, the faster we'll print up new updated ones. No, they're not useless and if you come to class often you'll know what has been changed anyway. They're just not as current as we would like. That being said, we still don't feel the need to waste paper by throwing them out for just a few changes when there will no doubt be more in the coming months.

Note to brown and black belts: Don't forget that you need to attend your special class just for you held once a month so you're on top of things around here.

Don't Forget About Our Referral Program

We're getting closer to the Fall season and Okami Kai's busiest time of year. Many people start thinking about getting into new activities once school starts and the leaves start changing colour.

You can capitalize on this by recommending us to your friends and family. We'll give you \$5 for anyone that purchases a start up package and then give you \$25 if they sign up for 6 months or \$50 if they sign up for a year. Talk us up. It's worth it!

