

THE OKAMI KAI HOWLER



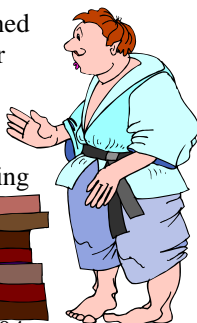
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Okami Kai Contender's Club

This is a new workout program designed specifically for men 25 years of age or older. There will be none of the regimentation of a traditional Karate class. This program will not be for teaching martial arts but will be teaching exercises that can be done to increase strength, flexibility, and aerobic stamina. All classes will be taught at 6am on Tuesday and Thursday mornings starting Jan. 6, 2004



We are assuming that this will leave enough time for all participants to get a workout in before they have to head off to work. We are very proud to offer this program as we have never attempted anything like it before or heard of anything else like it. The price is \$195.00 plus tax if you register for all 24 classes before December 19. You can also pay as you go or register after the deadline for \$10.00 per class. Don't delay in registering as we will be putting people on a waiting list if the numbers get too high. That being said we will also cancel if there is a lack of interest too. You could be part of something new and innovative and still get in shape at the same time. **Sign up today!**

“Blast” Class For 2003

As we do every year, we will be closing for the Christmas holidays. Our last class will be our annual Christmas Workout. Sensei will be leading a class consisting of nothing but aerobics, strength training, and flexibility

exercises. **This class is open to all belt levels and ages and will start at 7pm on Thursday Dec.18.**

We will then resume our class schedule on Monday January 5.



Christmas Grading

Our next grading will be held on **December 13**. All ranks will be graded at Hiryu Bushido Kai in Port Perry at 11am. White and yellow belt students will be given a letter from Sensei informing them when they have been put on the grading list. All grading fees must be submitted by December 9 in order for any student to be graded. We strongly recommend that any student posted on the grading list attend classes as often as possible in order to ensure a positive grading experience.

There will be no regular classes on this day.

Wolf Pack Report

Red Pack You moved to first place! Maybe there will be a different colour pennant on the wall next September. Do your best to keep your lead!

566 points

Blue Pack What's happening? You've lost your first place spot and are close to being moved to third place! Get working!

472 points

Yellow Pack

463 points

Green Pack

177 points

Christmas Party

We have booked the Masonic Hall and a DJ for our Christmas party on the evening of **December 13**. This should be an excellent way to celebrate with all the students who will be graded to their next belt level but is by no means just for them. Everyone and anyone is welcome! This will be a potluck dinner and dance. Be sure to put your name on the sign up list with the number of people that will be attending as well as the food dish that will be brought to the party. Admission is an unwrapped toy that can be given to a needy child. **Dinner will start at 7pm.**