

# THE OKAMI KAI HOWLER



Volume 9, Issue 4

December 2007

## Busy Weekend In December

### Fri. Dec.14

#### Black Belt Grading

Senpai Darcie Campsall, Senpai Keith Clifford, and Senpai Jonah Goldberg have been nominated to test for their Shodan Black Belts and will be graded on this night. Senpai Jessie Boudreau will be tested for his Junior Black Belt. This is a great honour and we wish our students the best of luck in their endeavor.

### Sat.Dec.15

#### Christmas Grading - 9:30am

White and yellow belt students will be given a letter from Sensei informing them when they have been put on the grading list. **Orange and higher belt students wishing to grade should submit a request to grade form A.S.A.P.** All grading fees must be submitted by December 11 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.***

#### Christmas Party – 7pm

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. Sensei is also looking for volunteers to help decorate the hall, organize the kitchen, and take down after the party is over. Be sure to also bring lots of money to pay for raffle tickets during the evening as there will be lots of prizes with all proceeds going to the local Gorgon Foundation.

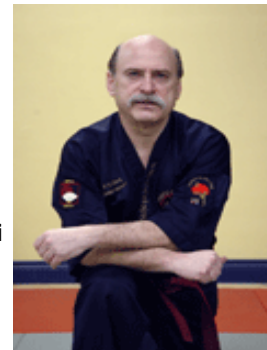
### Sun.Dec.16

#### Non-Physical Crisis Intervention Course

Kyoshi Kevin Blok will be instructing this very informative class being held at 9:30am in the Community Room upstairs at Zehrs. All information is on [www.okamikai.com](http://www.okamikai.com).

## Kyoshi John Therien Seminars

We are happy to announce that 8th Dan Black Belt Kyoshi John Therien will be visiting us from Ottawa on **Saturday Feb. 9.** He will be teaching one seminar for children ages 6years and up. This will take place at 1pm and will be \$15 per person for Okami Kai or WKF 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.



**Register now to avoid disappointment as space is limited and these classes will fill up fast.**

**Shihan Walker's Next Judo Workshop will be held at the Okamikan on Sat. Jan. 26 at 1:30pm. Register now as space is limited. Price is \$15 per person.**

**This class is open to anyone 13 years and older.**

## “Blast” Class 2007

As we do every year, we will be shutting down for the Christmas holidays. Our last class on **Thurs. Dec. 20 at 8pm** will be our annual Christmas Workout. Fitness instructor Brenda Ostermaa 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. **There will be no children's class that night.** We will then resume our class schedule on Monday January 7.



## Gorgon's New Year's Dance

It is too late to get in on the Early Bird Draw, but we still have tickets available for the New Year's Eve party at the arena hosted by the Gorgon Foundation and P.I.N.K.. Talk to Campsall Sensei as soon as possible to get yours.

### Wolf Pack Report

**Red Pack** Congratulations Jack Hughes for being chosen as this month's Ichiban! Kieran Yee earned 20 points for being on the float at the Santa Claus parade.

396 points

**Blue Pack** Jared Reaman, Senpai Alex-Rose Canario and Senpai Simon Gladstone both earned 20 points each for being on the float at the Santa Claus parade

276 points

**Green Pack** Senpai Jessie Boudreau earned 20 points for being on the float at the Santa Claus parade.

242 points

**Yellow Pack** Tristan Worsley, Robert Radovini, Liam McCormick, Cole Bagshaw earned 20 points for being on the float at the Santa Claus parade.

226 points

## Mark Your Calendar!

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

- Mon. Dec. 3** – Knock Out Hunger Night 9
- Fri. Dec.7 at 7pm**– Okami Kai Brown and Black Belt Class (**New Day and Time**)
- Fri. Dec.14** – Black Belt Grading
- Sat. Dec. 15** – All Kyu Belt Grading and Okami Kai Christmas Party that evening (**No Classes**)
- Sun. Dec.16** – On Guard Non-Physical Crisis Intervention Course
- Thurs.Dec.20** – Blast Class
- Mon. Jan.7. 2008** – Classes Resume
- Sat. Jan.26** – Shihan Walker Judo Workshop at the Okamikan
- Sat.Feb.9** – Kyoshi Therien Jiu-Jitsu seminars
- Feb.23-24** – On Guard CDT course
- May 8-11, 2008** – WKF Convention in France

## Don't Forget Us At Christmas

Don't know what to buy that special martial artist on your holiday shopping list this year? **WE DO!**

We have a wide range of ideas from stocking stuffers to the big impressive present for under the tree. Talk to Campsall Sensei for ideas.

We have Okami Kai products like T-shirts, sweatshirts, jackets, sports bags, etc. And, we can always supply you with equipment and of course curriculum DVDs.

## What is Black Belt Excellence?

True success in life only begins when you make the commitment to become excellent at what you do. Without that commitment you'll always perform at low levels and never achieve your full potential.

There are no rewards in this society for mediocre or average performance.

We receive excellent rewards for excellent performance, average rewards for average performance and below average rewards for below average performance.

Black Belt Excellence is a commitment to be the best!

Whether it's a corporate black belt or academic black belt, it's the commitment to excellence that separates the winners from the losers in life.

The attitude of Black Belt Excellence is the attitude of winners!