

THE OKAMI KAI HOWLER



Volume 10, Issue 4

December 2008

Busy Weekend In December

Fri. Dec.12

Black Belt Grading

Wally Blacklock, Jonathan Gladstone, and Lisa Hill have been nominated to test for their Shodan Black Belts and will be graded on this night. Simon Gladstone and Carter Minshull will also be performing the physical test for their Junior Black Belts. This is a great honour and we wish our students the best of luck in their endeavor.

Sat.Dec.13

Kyu Belt 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 before Dec.2** All grading fees must be submitted by December 9 in order for any student to be graded. We strongly recommend that anyone 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 at the Uxbridge Masonic Hall. 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. We are also looking for volunteers to help decorate the hall, organize the kitchen, and take down after the party is over.



Start The New Year Off Clean!

Last month Campsall Sensei and Senpai Darcie did a 30 day cleanse and were so blown away by the results that included an all natural increase in energy and a decrease in weight. They have organized a group cleanse starting Jan.5 for anyone else who would like to try it for themselves. All the details on what is going on can be found on www.okamikai.com. There is a section in the message boards called 30 Day Cleanse Challenge. In there, is “Sensei’s Isagenix Story”. Anyone thinking of joining us should read all the details first and then discuss with Sensei or Senpai Darcie about joining the group.

“BLAST” Class 2008

As we do every year, we will be shutting down for the Christmas holidays. Our last class on **Thurs. Dec. 18 at 8pm** will be our annual Christmas Workout. Campsall 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. **There will be no children’s class that night.** We will then resume our class schedule on Monday January 5.

Mark Your Calendar!

For more information visit www.okamikai.com!

- Mon.Dec.1**– Knock Out Hunger Night 10
- Sat.Dec.6** – Networker’s Meeting
- Fri. Dec.12** – Black Belt Grading
- Sat. Dec.13 9:30am** – Kyu Belt Grading (**No Classes**)
- Sat. Dec.13 7:30pm** - Christmas Party
- Thurs. Dec.18** – “BLAST” Class
- Mon. Jan.5** – Classes Resume and Group Cleanse Starts
- Sat. Jan.31** – Handcuffing Course
- Feb.28-Mar.1** – On Guard CDT Course

Networking Get Together

Last month's get together at the HBK dojo in Port Perry was so great that Shihan Walker is planning another one on **Sat. Dec.6 at 1:30pm** for anyone interested in building home based or small businesses. Come share ideas so you can grow your client database and increase your sales. Admission is free on condition that you won't be pushing your specific business on anyone. This is strictly an empowerment meeting to get something fresh and new that you may not have tried before.

Did You Get An E-Howler?

If you didn't we need your email address.
You can supply it to us at sensei@okamikai.com

Wolf Pack Report

Yellow Pack Congratulations to Reece Rodych for being chosen as Ichiban for this month!

841 points

Blue Pack

435 points

Green Pack

332 points

Red Pack

236 points

Okami Kai Winter Hats

\$12.00 each

Tax included

On Guard at Okami Kai

Handcuffing Course

Date: Sat. Jan.31

Time: 1:30-5:30

Cost: \$130 per person (includes handcuffs)



Taken from the On Guard Control and Defensive Tactics curriculum, this is an intensive 4 hour course that discusses the various styles and types of handcuffs used, an effective use of force continuum, reactionary gap, tactical positioning, tactical communication, escort positions, strategy, tactical handcuffing, simple pressure points, approaches from the front, side and rear, pinning and handcuffing from standing, on the ground, and against a wall or other solid object, getting a subject from the ground to a standing position, transport, blocks, checks and evasion, as well as speed cuffing from standing, kneeling and prone positions. A graduate certification diploma is provided after successful completion of the course.

Handcuffs must be ordered by December 12 in order for them to arrive by Christmas.

On Guard Control and Defensive Tactics Course

Date: Feb.28-Mar.1

Time: 9:30am (Feb.28) & 10:30am (Mar.1)

Cost: \$350 per person (\$300 per person if registered before Feb.14)



This is a 12-16 hour comprehensive training course covering a variety of 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. A graduate certification diploma is provided after successful completion of the course.