

# THE OKAMI KAI HOWLER



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December 2009

## Renshi's Instructors Are Teaming Up!

Grab the opportunity to train at the Buyukan Dojo in Oshawa on **Feb.6!** Renshi's Karate and Aikido instructors, Hanshi Cezar Borkowski and Kyoshi Kevin Blok team up to offer two knowledge filled seminars!

Prices are \$65 per person or \$55 for anyone who was a Break Fall 2009 participant.

This event will sell out fast...it's guaranteed. **Register Now!**

Held separately on Feb.7, Kyoshi Blok will be teaching a full day college accredited course on Motivational and Instructional Techniques. The price is \$99 or \$89 for Budo Break participants. A certificate will be provided after successful completion of the course. This isn't just for teachers. It's for anyone!



## Mark Your Calendar!

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

**Dec.5-6** – On Guard CDT Course (**No Aikido**)

**Dec.11** – Black Belt Grading

**Dec.12** – Kyu Belt Grading (**No Classes**)

**Dec.12** – Okami Kai Christmas Party

**Dec.17** – Blast Class 2009 (**No 5:30pm Class**)

**Fri. Dec.18 7:30pm** – Brown and Black Belt Class

**Jan.5, 2010**- Regular Classes Resume

**Feb.6-7** – Budo Break

## December Weekend

It's that time again for a weekend of gradings and Christmas parties! Details below...

### Fri. Dec.11

#### Black Belt Grading

Justin Dilts, Jesse Dyke, Logan Hall, Jeffrey Highet, and Rob Rilling have been nominated to test for their Shodan Black Belts and will be privately (black belts only) graded on this night. This is a great honour and we wish our students the best of luck in their endeavor.

### Sat.Dec.12

#### 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 8 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 – Uxbridge Masonic Hall Dinner at 7pm (Doors open at 6:30pm)

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 are 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. This year, the Buyukan dojo from Oshawa will be joining us. Don't miss this great opportunity to celebrate the holiday season and meet some new friendly faces at the same time!

## Wolf Pack Report

Remember you get 5 points for every food item you put in the correct box for Knock Out Hunger Night 11!

Blue Pack 3848 points

Yellow Pack 3368 points

Green Pack Congratulations to James Barton who was chosen as Ichiban for this month!  
2786 points

Red Pack Welcome Blake Haig and Brandy McNeil!  
2706 points

## Hailey Brauch is making money!!!

**A special thank you payment is going to be made to Hailey for referring someone to Okami Kai.**



**Spread the word about your school. It's worth it!**

## “Blast Class 2009”

We will be holding our annual Christmas Workout Class on **Thursday Dec.17 at 8pm**. This is for all ages and levels so there will not be a 5:30pm class on this day. Renshi will be leading a class consisting of nothing but aerobics, strength training, and flexibility exercises.

As voted on by our Brown and Black belts, we will be having the last class for 2009 for this level on Friday Dec.18 at 7:30pm. We will then be shutting down for the holidays and resuming our regular schedule on Mon. Jan.4.

We hope all of our students and their families have a safe and joyous holiday season.

## 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 Renshi for ideas.**

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

## Kyoshi Saily Returns to the Okamikan January, 2010.

### Ask Renshi

#### What does “mokosu” mean?

*During some bowing ceremonies during our adult classes, I will say “mokosu”. This is a Japanese term used to inform students it is time for some quiet meditation.*

*Students may or may not close their eyes. Some leave them half open. Your tongue should be placed on the roof of your mouth and your hands should be placed cupped with the left inside the right. You may now either prepare your mind for the class if it is done at the beginning or you can reflect on what has been taught if it is called for at the end.*

*Some people may use this time for personal prayer. I have heard of some people praying for protection during a class or thanking the god they believe in for a safe and productive class. I neither encourage nor discourage this practice. Some people use the time to monitor their breathing and to relax. I think this is important no matter what you are focusing on whether it be the class or a deity.*

*After a short time I will call “mokosu yamae”. This means “stop meditation”. You should now resume the bowing ceremony and hopefully be in a more correct mental state than what you were beforehand.*