

THE OKAMI KAI HOWLER



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Ladies Night

Monday February 23 is Ladies Night. Sensei will be teaching a class designed specifically for women 19 and older that focuses on physical fitness as well as self defense tactics. Start time for the class is **7:30pm** and all participants are invited to go out for some socializing with Senpai Darcie afterward. The price for the class is a minimum donation of \$5 per person that will be donated to the Canadian Cancer Society. Okami Kai members are also strongly urged to show up and take part. There is no need for advance registrations. Just arrive in comfortable clothing if you do not already own a gi and plan on having an enjoyable time.



Team Okami Kai Enters MS Walk-A-Thon

We will be entering a team once again for the MS Society's supercities walk-a-thon on **Sunday April 18** and are currently looking for recruits as well as pledges.

You can join us by visiting the walk-a-thon's official website at www.supercitieswalk.com. Go to online registration and register for the Uxbridge supercities walk. You will then be emailed a login and password. Through the "My Events" option, look for a link option called, "Join an existing team!" By clicking on this link, you will be prompted to enter the team name you wish to join. The system will list the team names including Okami Kai along with the name of the team captain for each listing. If this is too confusing, you can always just let us know you want to be a walker and we can register you from here.

Please contact us also if you would like to sponsor our team and arrangements will be made.

As an incentive for Wolf Pack members, Sensei will be awarding 100 points for every member who commits to walking. He will also award 50 bonus points for every Wolf Pack member that convinces someone else to join our team. Full pledge sheets should also be shown to him as 1 point per pledge dollar will be awarded to each walker. Adults can donate their points to any wolf pack for each dollar that they raise also but the 100 point and 50 point bonuses will only be awarded to actual Wolf Pack members.

Wolf Pack Report

Yellow Pack Rob and Jeremy Rilling are walking in the supercities walk-a-thon on Sunday April 18! They also convinced their dad Glenn to join them.

1202 points

Red Pack

942 points

Blue Pack

679 points

Green Pack Welcome Lacey Taylor and Maverick Worgan!

592 points

There will be no Bo classes on Saturday February 21. We apologize for any inconvenience. All Karate classes will be taught as scheduled for that day.

Success in the martial arts cannot be accomplished by only coming to class occasionally. It is recommended that all students attend classes 2 to 3 times per week in order to see any significant

