

THE OKAMI KAI HOWLER



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Ladies Night

Monday February 27 is Ladies Night. Sensei will be teaching a class designed specifically for females 14 and older that focuses on physical fitness as well as self defense tactics. Start time for the class is 8pm and all participants are invited to go out for some socializing afterward. The price for the class is a minimum donation of \$5 per person that will be donated to the Multiple Sclerosis 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.



Valentine's Dinner



At the time of printing of this newsletter there were 14 spots left for the Valentine's Dinner at Scrambles on **Feb. 11 at 7:30pm**. After these spots are gone, Sensei has to call Scrambles and make sure there is more space available for anyone who wants to go. Don't miss out on this enjoyable social event.

Please note that singles are also welcome. It does not take two to have dinner and still have a good time!

Wolf Pack Report

Blue Pack

2281 points

Green Pack Congratulations to Senpai Dylan Boudreau who was chosen as Ichiban for this month!

2194 points

Yellow Pack

1749 points

Red Pack

387 points

Kyoshi Alain Sailly!

This 7th Dan Master of Goshindo and Jiu-Jitsu is coming from France to teach two AMAZING seminars on Sat. Feb. 4!



Children
(ages 6 and up) from
1pm -2pm for
\$15 per person

Adults from
2:30pm – 4:30pm
for \$25 per person

REGISTER NOW!

OK Event Fund News

The last meeting of the people interested in OPERATION: JAPAN saw a change to the current strategy of our new non-profit organization. This group will now be called the **OK Event Fund** and will continue to do fundraising and work on projects after the financial goals for our Japan trip have been realized. Money after the trip will be put towards events like Capital Conquest and the MMA Expo. Meetings will happen on the third Monday of every month at 8pm. Our next meeting takes place on Feb. 20. For more information, you can visit the OK Event Fund's very own message board on okamikai.com.

Save Your Zehrs Tapes!

Zehrs is willing to provide the OK Event Fund with \$1 for every \$450 spent. We must be able to provide them with receipts though. Please drop off your tapes in the drop off box located at the front of the gym. Even a small purchase makes a difference when you put it with others.

Martial Arts Directly Related To Me.

By Senpai Jonah Goldberg

For my “martial arts directly related to me” essay I will recall some principles behind karate, judo, and aikido. Then I will demonstrate how these thoughts, and attitudes can help me: become a better person, make better discussions, and develop good life skills.

Judo: Judo as defined by the “Okami Kai Student Handbook” means gentle or yielding way. To me this seems like an accurate statement considering the movements associated with judo. However I find a very powerful message in the words of G.Koizumi. “Judo is like water, has a natural flow, and takes the shape of its container. It can be heated to form steam that can be seen through, or crystallized to form something as hard as a rock.” reads the quote. Personally I find the most wisdom in the analogy of judo being like water. Think, if human beings in general took to being like water what would our world be like? There would have been fewer wars: if people had thought about others ideas, customs, or faiths there would be so little confrontation. By “taking the shape of our containers” much can be achieved. The application I put to this knowledge is putting my self in someone else’s shoes. Let’s say I am at a school performance and I do not enjoy the act. I find by putting myself in the performer’s shoes I can enjoy the presentation. By realizing the performer’s efforts I can achieve harmony by being open and realizing what they have put forth to entertaining me and in that thought process it won’t matter what they are performing.

Aikido: www.seidokan.org believes that one of the main principles of aikido is victory over oneself, quote: “One must first learn to control oneself before attempting to harmonize and control others. Without a good balance and control of oneself, one can neither avoid an attack nor apply an effective technique on others. It is through self-control that one can learn to enjoy a harmonious way of life.” That to me is a true statement both to aikido and life out side martial art practice. A good example of achieving harmony through self-control would be at a party where drinks are being served. Should one indulge themselves in the drinks many things can go wrong: one could attempt to drive and cause an accident, one could become very sick and bring stress to their loved ones, or in an un-aware state one could arouse a fight and cause someone harm. By not practicing self-control any body could be as dangerous as a loaded gun. However should one decide to practice self control by only having one or two drinks he or she could prevent bad situations. By practicing self-control much can be accomplished.

Karate: “Empty hand” two simple words that mean the most to me. To me empty hand can mean the path of least resistance. To not take up arms but to use exclusively the empty hand. Taking those words to meaning takes much thought. Using the empty hand to me means not using your hands and feet to solve conflict but to practice the attitude of the path of least resistance. A excellent example of this would be a physical conflict in the school yard the best way to solve may not be to go get the teacher but to talk it over. By adding the element of authority can only put pressure on the guilty individual. This often can put pressure on people causing them to lie and further produce problems. In the words of Gechin Funakoshi: ““The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants.” By doing the right thing you can make any experience worth it for every one.

***Sensei’s Note:** Senpai Jonah Goldberg received 30 points for his Wolf Pack last month because it was already decided that his essay would be used in this month’s issue. We are now looking for more essays from others. All Wolf Pack members will receive 30 points for their pack when chosen. Adults are also invited to submit their views.*

*Senpai Jonah has started to take an interest in Iaido and under his recommendation, I will be teaching a special class for anyone interested on **Friday February 24 at 7pm**. Price is \$10 per person. Please speak to me as soon as possible if you are interested in participating.*