

THE OKAMI KAI HOWLER



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Valentine's Start Up Vouchers Are Back!

All students are encouraged to take our special Valentine's Day coupons home to give to their friends and family members. Each one entitles the bearer to a free start up package consisting of a private class, a uniform, and a two week trial membership. People are usually charged \$99 plus taxes for this package.

Wolf Pack members may want to write their name on the back so they can get 100 points for each new member that comes in!



Tax Receipts

Receipts are starting to go out for parents interested in applying for the government's child fitness tax credit. These will not be supplied to our younger students to give to their parents as we feel this is too important a document and we do not want them lost or left in the dojo or the changerooms. Parents must make arrangements to pick up their receipt(s) as soon as possible.

Note: It has come to our attention that a glitch was found in our computer program. Please make sure that your totals are correct on all receipts after you receive them and we will gladly correct any that have printed with mistaken amounts. We apologize for any inconvenience.

Mark Your Calendar!

For more information visit www.okamikai.com!

- Thurs. Feb.12** – Registration Fair at the Arena
- Feb.14-16** – Family Day Weekend (**No Classes**)
- Sat. Feb.21** – Aikido Workshop at HBK
- Mon. Feb.23** – HBK Brown and Black Belt Class
- Feb.28-Mar.1** – On Guard CDT Course
- Sat. Apr.18** – HBK 20th Anniversary Party
- Sun. Apr.19** – MS Walk-A-Thon
- May 23-24** – Kingston Kicks
- Aug.7-8** – Summer Synergy

T-Shirt Sale Day!

Save \$5 each on all Okami Kai T-shirts and Ladies Tank Tops in stock on Sat. Mar.7!

We'll be bringing back dress down days in the Spring and you will only be able to wear club T-shirts.

No blanks or any other markings will be allowed on T's during these classes unless they are under a jacket.

Don't miss this chance to get stocked up!

On Guard CDT Course

Our next On Guard Control and Defensive Tactics course will be taking place during the weekend of Feb.28-Mar.1.

This is a 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, tactical handcuffing, 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. Those who wish to achieve instructor certification must attend 2 weekend CDT training courses. COST: Register before February 14 - \$300.00+gst :: After February 14 - \$350.00+gst



Want To Make Extra Cash? We'll Pay You!

It's no secret that the economy is not doing all that well lately and we have a couple of cures to help keep your wallet from emptying out.

Don't forget about our referral program. You get \$5 for each student that mentions your name when they come in for their Start Up Package. And, you also get \$25 if they then sign up for 6 months or \$50 if they sign up for a year. Sensei Dave Boudreau, Andreas Georgiou, and Reece Rodych are all receiving cheques this month!

Want to sell another product with health benefits? Isagenix has loads. Our students are already discovering the benefits from nutritional cleansing. Talk to Campsall Sensei today to learn some great ways to lose weight, increase stamina, and maybe make some cash!

HBK Anniversary Party

Hiryu Bushido Kai Martial Arts and Wellness Centre will be celebrating their 20th anniversary on Sat. Apr. 18. There will be workshops/seminars during the day with a special dinner and dance to follow during the evening. Look for more information as details become available.

Thanks to the 2008 Demo Team

A special thanks to the people named below for being a part of the 2008 Okami Kai Demonstration Team. Anyone interested in being part of the 2009 Demonstration Team should speak to Senpai Jonathan Gladstone for details.

Sensei Darcie Campsall, Jacob Campsall, Sensei Scott Campsall, Alex-Rose Canario, Sensei Garrett Clifford, Jesse Dyke, Senpai Jonathan Gladstone, Simon Gladstone, Gary Hill, Senpai Lisa Hill, Jessica Hughes, Regan Hughes, KC Lenardich, Oliver Kovacik, Robert Liverance, Senpai Carter Minshull, Sinclair Minshull, Robert Radovini, Glenn Rilling, Reece Rodych, Rileigh Rodych, Bryan Steinnagel, Stephen Townsend, Jesse Waines, Parker Wilson.

Wolf Pack Report

Yellow Pack Congratulations to Reece Rodych who was chosen as Ichiban for this month! Reece is a three time Ichiban title holder. Welcome Rhyus Fitzpatrick! *1277 points*

Green Pack *735 points*

Blue Pack *663 points*

Red Pack Welcome Austin Cutrara and Graham Baskin! *430 points*

The Other Side

One day a young Buddhist on his journey home came to the banks of a wide river. Staring hopelessly at the great obstacle in front of him, he pondered for hours on just how to cross such a wide barrier. Just as he was about to give up his pursuit to continue his journey he saw a great teacher on the other side of the river. The young Buddhist yells over to the teacher, "Oh wise one, can you tell me how to get to the other side of this river"?

The teacher ponders for a moment looks up and down the river and yells back, "My son, you are on the other side".

