

THE OKAMI KAI HOWLER



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“Kick Start Your Heart” Defense Class

Sensei Campsall will be teaching a two hour co-ed self defense class on **Sat. Feb. 3 starting at 1:30pm**. Karate, Aikido and some techniques taken from the On Guard CDT course will be taught. The price is \$35 per person until Jan.27. It will then increase to \$40 per person after this date. 40% of the proceeds will be going to the Heart and Stroke Foundation. Please contact Sensei or Melanie Luukkonen from Body Fit if you would like to register.

This is open to anyone 14 years of age or older. You do not have to be an Okami Kai or Body Fit member to participate.

Wolf Pack Report

Red Pack

1198 points

Blue Pack Congratulations again to Savannah Yule who is the first person to ever be chosen as Ichiban for two months in a row! Savannah attended the required 10 classes in December even though it was a short month due to us shutting down for the holidays. She also participated in the “Blast” Class, obtained her blue belt, and was the only Wolf Pack member who showed up for Sensei’s Warm Heart Attack on Dec. 22.

712 points

Green Pack

485 points

Yellow Pack!

465 points

Extra Dojo Time

The dojo should be considered available after adult classes on Tuesday, Wednesday, and Thursday nights until 9:30pm. This time is for any student who wishes to remain after class and work on their techniques or requirements. Sensei will not be teaching during this time and it should not be considered a regular class time. It is strictly for those wishing extra practice. Should this idea become popular, we will make every attempt to find more times(s) like this in the future.

The “French Panther” Returns In March!

You asked for him.
We listened. Kyoshi
Alain Saily is coming
back to Okami Kai!

We are being told at this time that he will most likely be making a stop here during his Ontario tour on Sunday March 18. Details are still being worked out, but we are planning on hosting a one hour seminar for children and a two hour seminar for adults. Keep checking okamikai.com and look for more information in future Howlers.



Congratulations to

Senpai Garrett Clifford

who has fulfilled the age requirement of 16 years to become a full Shodan black belt.

Senpai Garrett will be teaching the Brown and Black belt class on Feb. 5. All senior Karate students should do what they can to attend this special session at 8pm.

Mark Your Calendar!

For more information visit www.okamikai.com!

- Jan. 2, 2007 – Classes Resume**
- Jan.8 – Brown and Black Belt Class at HBK**
- Jan. 15 – OK Event Fund Meeting**
- Jan. 19 – Demo Team Practice**
- Jan. 26 – OK Event Fund Mini-Golf Fundraiser**
- Jan. 27 – Beginner Belt Grading**
- Feb.3 – Co-ed Self Defense Class**
- Feb.10 – Valentine’s Dinner/Dance**
- Feb. 24-25, 2007 – On Guard CDT Course**
- Apr. 14 – On Guard Motivational Teaching Course**
- Apr. 15 – MS Supercities Walk**

Future On Guard Courses

CDT (Control and Defense Tactics) Course

On the weekend of **Feb. 24-25** Kyoshi Kevin Blok will be teaching a 12-16 hour intensive 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. Price for the entire weekend of training is \$350 if you register before Feb. 18 (\$300 for CAFI members). Price is \$375 after this date (\$325 for CAFI members). A list of Kyoshi Blok's credentials as well as a list of clients of On Guard International can be found on this website...

www.onguardtactics.com

Use your credit card and register online for this course at

http://www.active.com/event_detail.cfm?event_id=1389378

Motivational and Instructional Teaching Course

This is a 6-8 hour detailed course of study, focusing on motivating oneself and others as well as improving and upgrading your delivery of instructional techniques of all kinds. The program includes the basic concepts of how we learn most and least effectively, the K.I.S.S. principle, chunking, active listening and effective communication. Also included is how to give and receive criticism, empathy in communication, using feedback, information retention and re-enforcement, review, and personal accountability. The motivational section of the course includes knowledge versus wisdom, building rapport, expectations and direction, patience, attention, empowerment, kaizen (the concept of continual improvement), encouragement, adjusting and focusing on appropriate priorities, commitment to excellence, personal bliss and walking the talk. A graduate certification diploma is provided after successful completion of the course.

Kyoshi Kevin Blok will teach the course in Uxbridge on **Sat. April 14**. Exact time and location to be announced. Price is \$125 per person or \$100 for CAFI members. You do not need to be a teacher or instructor in order to participate in the course. Nor, do you need to have martial arts, security, or policing experience.

Glow-In-The Dark Mini-golf Fundraiser

The OK Event Fund is hosting a fundraiser at the Putting Edge in Whitby on **Fri. Jan. 26**. Anyone wishing to participate should register ahead of time with Campsall Sensei by supplying the \$25 per person fee. All golfers should arrive at the Putting Edge at 7pm for a 7:15 tee off time. We will have a room from 8pm until 9pm to enjoy pizza and soft drinks (included in the price of admission). Carpools will be arranged at the dojo. Anyone needing transportation should let Sensei know upon registration and meet in the parking lot at 6pm.

Kamakura Information



Tsurugaoka Hachiman-gu Shrine

This is the most famous shrine in Kamakura. It was founded by Minamoto Yoritomo by dedicating it to the war god Hachiman and transferring it to the present location. This shrine was also a Buddhist temple and played a central role in Japanese Buddhism during the Kamakura era. You can walk to Tsurugaoka Hachiman-gu from the Kamakura station. It takes about 10 min. You will see three Torii gates on the road leading to the shrine. During the New Years holidays in Japan, more than one million people visit this shrine.

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