

# THE OKAMI KAI HOWLER



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## Date Change for Kyoshi John Therien Seminars

Due to a last minute scheduling conflict, Kyoshi Therien will now be visiting us on **Friday Feb.8** instead of the announced Sat. Feb.9 date. The children's seminar will now take place between 5:30 and 6:30pm while the adult seminar will take place from 7-9pm that evening. Prices are still \$15 for children and \$30 for adults. Non-Okami Kai members prices are \$5 more per person.



Some of Kyoshi's credentials are as follows...

- Man of the Decade 1980's - PKA (Professional Karate Association)
- 1982 - PKA Promoter of the Year
- 1996 - Inducted into the CJA Hall of Fame
- 1997 - Inducted into the WKF Hall of Fame
- Canadian Government Award for achievement in Jiu-Jitsu
- Golden Belt Award for being a pioneer of Jiu-Jitsu in Canada
- Golden Belt Award for being a pioneer of Kickboxing in Canada
- Ranked #1 Jiu-Jitsu instructor in Canada by his peers
- Manager of 23 time world Kickboxing champion, Jean-Yves Thériault

**Register now to avoid disappointment as space is limited and these classes will fill up fast.**

**Okami Kai Brown and Black Belt  
Classes**  
**Fri. Jan.11 and Fri. Feb.1**

## New Classes Being Offered At Okami Kai

Campsall Sensei will be teaching an Iaido (Japanese sword) class on **Fri. Feb.15**. There will be a \$10 charge for this class and it is open to anyone 14 years or older. You must register in advance for this class, but if the interest level is high enough, we will be making this a regular thing. Scheduling for regular Iaido classes will be discussed at this initial introductory one.

Look for information in the February Howler for ongoing On Guard CDT classes which will be offered starting in March also.

***We are looking forward to offering more than ever in 2008!***

**Shihan Walker's Next Judo Workshop will be held at the Okamikan on Sat. Jan. 26 at 1:30pm. Register now as space is limited. Price is \$15 per person. This class is open to anyone 13 years and older.**

## Special Thanks

*From Campsall Sensei*

*Thanks to everyone who gave our family Christmas cards and presents this year. It was very much appreciated, but totally unnecessary. Your support of us and the dojo has and always will be considered to be enough of a gift each and every year.*

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Home!  
Buy Curriculum DVDs!**



## Wolf Pack Report

We're still looking for report cards from last term. Remember you get 10 points for every A and 5 points for every B!

**Red Pack** Congratulations Kieran Yee for being chosen as this month's Ichiban.

496 points

Blue Pack

276 points

Green Pack

242 points

Yellow Pack

226 points

## Mark Your Calendar!

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

**Mon. Jan.7, 2008** – Classes Resume  
**Fri. Jan.11**– Okami Kai Brown and Black Belt Class  
**Mon. Jan.14 at 5:30pm class** – Demo Team Practice for Registration Fair on **Feb.13**  
**Fri. Jan. 25** – Beginner Belt Grading  
- Okami Kai Sparring Club  
**Sat. Jan.26** – Shihan Walker Judo Workshop at the Okamikan  
**Mon. Jan.28** – HBK Brown and Black Belt Class  
**Fri.Feb.1** – Okami Kai Brown and Black Belt Class  
**Sat.Feb.8** – Kyoshi Therien Jiu-Jitsu seminars  
**Fri.Feb.15** – Iaido Class  
**Feb.23-24** – On Guard CDT course

## Good Reasons to Keep Your Child Training in the Martial Arts

By Joseph Galea & Bert Casiano

There are many reasons to enroll your children and keep them training in the Martial Arts. Martial Arts builds self confidence and teaches discipline which will provide a solid foundation from which your children will develop strong character. While studying the Martial Arts is fun, children will be learning important lessons in values and respect that will shape how they view the world around them. And even though we teach to avoid confrontations, if the need arises, your children can be secure in their knowledge of how to defend themselves from physical harm. This is the power derived from the Martial Arts.

Martial Arts builds self-confidence. It is a physical and demanding "sport." Children who participate and progress in the Martial Arts will develop a positive attitude that they can take with them to help accomplish other important tasks and face other challenges. Our school is dedicated to making your children feel accepted as well as motivated. We focus on providing children with a positive atmosphere where they can build their confidence, even after a bad day at school or playing a sport. It's a place where they'll find support when they feel down or discouraged. We are ready and able to give your children the additional support to face life's challenges and stay on the right path.

In addition to the structure you provide at home, Martial Arts also provides your child with discipline. This involves coming to class on time and following school rules and policy. It also concerns learning to respect themselves and others, which is an important goal that we strive to instill in our students. We teach children not to feel that they *can't* complete a task because it's too hard or because they've failed the first time. Instead we teach them to relax, regroup and give 100 percent effort again. The discipline that they learn helps them to stay focused and work hard to accomplish their goals.

Martial Arts is a tool that can help your children in other sports, as well as keeping them in shape and healthy. Many drills that we practice enhance skills they will need in other extracurricular activities. For example, proper balance and hand-eye coordination are skills that are essential in sports such as baseball, football, gymnastics and soccer. Martial Arts training can give your children the competitive edge.

Knowing that they can defend themselves if a problem arises is another benefit that your children derive from Martial Arts training. Martial Arts does not just teach kids how to defend themselves physically, but more importantly, how to avoid dangerous situations. Avoiding the situation rather than being in a physical confrontation is an important concept that instructors teach both indirectly and directly.

Through the Martial Arts, your children will learn many valuable lesson that will help them throughout their lives. And the best thing about it is that it's fun. They may not even realize that they are learning all these "values." And it's not only enjoyable for the kids, it's also enjoyable for the parents. To watch your children learn new skills and watch them improve will fill you with pride. But why stay on the sidelines? Martial Arts is an activity that you can do as a family. It's a way of spending more quality time with your children, and that's invaluable in today's hectic world.