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# THE OKAMI KAI HOWLER

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Volume 11, Issue 5

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## **Start 2010 Off Right By Training with Martial Art Masters!**

*Register Now through our office for these amazing seminars!*

### **Kyoshi Alain Saily – 7<sup>th</sup> Dan Goshindo**

**Teaching Where:** The Okamikan

**When:** Fri. Jan.22 - Children's seminar at 6:30pm, Adult seminar immediately following (around 7:30)



Until 1978, Alain Saily studied traditional martial arts of Japanese origin. He found that the use of the body in the art of combat was not optimal, but the forms and projections as they were practiced in judo, Sambo, or other forms of Ju-Jitsu were complementary. He then began to seek other approaches to self-defense. For 10 years, Kyoshi Saily learned from his encounters with various teachers in various styles. Based on traditional schools that gave birth to modern Judo, Ju-Jitsu or Aikido, the founder of Goshindo selected a broad range of techniques and made a synthesis work around them while refusing to be locked into a particular stream. This origin makes Goshindo a martial art constantly evolving and reflecting

### **Kyoshi Kevin Blok – 8<sup>th</sup> Dan Aikido**

**Teaching Where:** "Budo Break" at the Buyukan Dojo (First Baptist Church, 812 Hortop St., Oshawa)

**When:** Feb.6-7 – Aikido Seminar for 14 and older at 10am, Motivational and Instructional Technique Course on the Sunday (time and location TBA)



Kyoshi Kevin Blok is Renshi Campsall's Aikido instructor. He received a 1<sup>st</sup> grade (highest level) teaching licence directly from the Yoshinkai Aikido Founder Gozo Shioda. Kyoshi Blok is the founder and chief instructor for the Chudokai Aikido Federation, and On Guard International. He also has a PhD in Psychology for violent behaviour management. He is the author of 4 books and numerous videos on Aikido, weaponry, and police/security defence and control tactics.

### **Hanshi Cezar Borkowski – 9<sup>th</sup> Dan Karate**

**Teaching Where:** "Budo Break" at the Buyukan Dojo (First Baptist Church, 812 Hortop St., Oshawa)

**When:** Sat. Feb.6 – Karate Seminar for 14 and older



Hanshi Cezar Borkowski is Renshi Campsall's Karate instructor and the National Director of Northern Karate Schools which offers 10 locations in the GTA. He has more than forty years experience studying, researching and teaching martial arts.

As a former internationally-ranked competitor, Hanshi was Six-Time Canadian Champion, and has received hundreds of awards, trophies and medals. Furthermore, he trained numerous champions, is recipient of the Martial Arts Magazine's Coach of the Year award and has been named Instructor of the Year by both the Ontario Karate Circuit and National Black Belt League (NBL).

Hanshi Borkowski authored "Modern Shotokan Karate" and co-authored "The Complete Idiots Guide to Martial Arts". His videotape credits include "Kobudo Weapons", "Winning Point" and the "Essential Okinawan Kobudo" series. Hanshi Borkowski has been featured in newspapers, magazines and on radio and television. He lectures on a wide range of martial arts and related topics at events around the world.

## Wolf Pack Report

Blue Pack [4418 points](#)

Yellow Pack Congratulations to Rileigh Rodych who was chosen as Ichiban for this month!  
[4124 points](#)

Red Pack Welcome Blake Haig and Brandy McNeil!  
[3212 points](#)

Green Pack  
[3105 points](#)

## Special Thanks

*From Campsall Renshi*

*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.*

*"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence."*

- Confucius

## Need To Clean Off Some Pounds?

We've seen some great success stories from people who have used the Isagenix system to eliminate toxins from their bodies.

Not only have we learned that you can shed unwanted weight. We've seen migraines disappear, sleep improve, higher energy levels, and much more!

Renshi Campsall is convinced that there is nothing out there better for his own personal goals and is very committed to sharing information about Isagenix to anyone interested. Talk to him today or click on the Isagenix logo on [okamikai.com](http://okamikai.com) homepage to find out more about these amazing products!



## Mark Your Calendar!

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

**Mon. Jan.4** - Regular Classes Resume  
**Fri. Jan.15 7:30pm** – Brown and Black Belt Class  
**Fri. Jan.22** – Kyoshi Alain Saily Seminars  
**Mon. Jan.25** – Demo Team Pizza Party  
**Feb.6-7** – Budo Break  
**Feb.13-15** – Family Day Weekend (**No Classes**)

## Calling All Demo Team Members... You're Invited To A Party!

We're having a special Demo Team thank you pizza party in the child care room on **Mon. Jan.25** after the all ages class at 6:30pm. **Pizza and pop are free for 2009 Demo Team participants; others can attend for \$5 each.** A sign up list is located by the door to the dojo. Please let us know if you can attend.

## Our Black Belts Want To Teach You

Okami Kai is pleased to announce that we now have more black belts than ever before. All of our fully ranked Shodan students would love the opportunity to teach a private class for you at a low fee of \$40.00 per hour. Campsall Renshi will also continue to teach private classes at a slightly higher price of \$75 per hour should this also be desired. These can be arranged through our office and with the black belt martial artist in question. Sometimes a private class can make up for more than a month of training. All of our students are encouraged to look into the possibility of private classes for a much higher level of instruction.

