

THE OKAMI KAI HOWLER



Volume 7, Issue 10

July 2006

Since You're Shopping Anyway...

Shop and Support cards are now available to anyone wishing to purchase. The easiest way is online at www.shopandsupport.ca. Make sure you enter the OK Event Fund's Group ID# 0100549107. You can pay by either online/telephone banking by registering Preferred One Shop and Support as a bill payee, or by using any major credit card. Please be advised that if you pay by credit card, a service charge of 2% will be added to your bill. Online orders can be delivered in two days directly to your door for a \$5 service charge or they can be picked up at Okami Kai for free on a specified pick up date. You can also order directly from Okami Kai by submitting the order form attached to this newsletter. Orders must be submitted by Wednesday evenings in order to receive cards by the following Tuesday. So far, the OK Event Fund has raised over \$100 for OPERATION: JAPAN in only four weeks with only five families participating in the fundraiser. We are strongly encouraged to believe that this will be our primary fundraising tool if everyone helps. Your support is deeply appreciated.

Wolf Pack Report

This is the last month to earn points for this year's contest. The winning Wolf Pack will be announced in next month's Howler! Every point counts!!!

Green Pack 4048 points

Blue Pack 4070 points

Yellow Pack 3498 points

Red Pack Congratulations to Jack Hughes for being chosen as Ichiban for the month of July! Nina Huang brought in a straight A report card for a 200 point bonus! 1882 points

Have you got the DVD for your level?
\$24.95 each plus taxes!

Still Room In Karate Day Camp!

Space is limited, but there is still room in our Karate Day Camp that will be running during the week of **July 10-14 from 9:30am until 3pm**. Participants will learn Karate during one portion of each day and then do another activity such as swimming, archery, an extremely cool science adventure taught by Elephant Thoughts, and a first-aid course endorsed by the Red Cross specifically tailored for kids.



Price is \$145 per person for current Okami Kai members. Non-members are \$180 per person. All participants are asked to bring a bag lunch and comfortable clothing for each day of the camp.

You must be six years of age or older to participate.

**Please note that the Monday and Wednesday morning Karate classes and the Monday morning weapons class have all been cancelled for this week.*



YOU HAVEN'T MADE RESERVATIONS FOR ...

Warrior Weekend '06?!

What are you waiting For?

Training, Eating, Swimming,
Fishing, Socializing, Laughing,
Playing, Partying...THIS WEEKEND IS AWESOME!!!

AUG 18-20

AT PIGEON HOLLOW TENT AND TRAILER

Mark Your Calendar!

For more information visit www.okamikai.com!

July 10-14 – Karate Day Camp

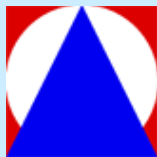
July 22 – Red Cross CPR Certification Course

Aug. 18-20 – Warrior Weekend

Sept. 16-17 – On Guard Course

Remember that there will be no
classes on
Sat. Aug. 5 or Mon. Aug. 7
due to the Civic Holiday
weekend.

On Guard Is Coming



Kyoshi Kevin Blok is scheduled to teach an On Guard Defense and Control Tactics Basic Course at the Okami Kai dojo on the weekend of Sept. 16-17.

This is a comprehensive 12-16 hour 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.

Kyoshi Blok's credentials as well as a full list of clients who have benefited or are benefiting from this course are listed on the official website at

www.onguardtactics.com

Members from the OPP and the Toronto Police Force are expected to participate helping to make this an extremely informative weekend.

Price is \$300 per person. Any adult can register, but you must do so before Sept. 5. Payment can be made by cash or cheques payable to Okami Kai. Post dated cheques for the weekend of the event are accepted.

CPR Certification

Okami Kai is offering a Canadian Red Cross Level C certification course on **Sat. July 22 from 1pm until 5pm**. Price is \$40 per person with all proceeds being donated to the OK Event Fund's OPERATION: JAPAN.

This course will include:

Adult CPR
Adult 2 rescuer CPR
Child CPR
Child 2 rescuer CPR
Infant CPR

Certificates will be given as soon as the course is complete.

Participants must be registered by July 14 and space is limited. All participants must dress in comfortable, non-restrictive clothing. Skirts ARE NOT recommended.

There is a waiver to sign at the beginning to identify any conditions that may potentially be aggravated by doing the training – the skills can be modified to suit, so most anyone can be accommodated.

Minimum suggested age to attend is 12. This is not a requirement, but a suggestion as they will need to be fully attentive for 4 hours and there is quite a bit of info to get through.

Certifications are valid for 3 years from date of issue, but retraining is recommended annually. You can recertify only once. After one recertification, you need to take the course in its entirety again.

NEW!

Now Available!

Okami Kai's New Warm-Up /
Windsuits Suits!

Jackets	\$70
Regular Pants	\$60
Zip Off Short Pants	\$65

Taxes Included

The world is like a mirror you see? Smile and your friends smile back.

- Japanese Zen saying