

# THE OKAMI KAI HOWLER



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July 2010

## Support Your Okami Kai Demo Team!

The Okami Kai Superstars will be performing at Ribfest at Elgin Park on Sun. July 18 at around 12pm. Admission is free and there will be loads of fun, activities, entertainment and of course food for the whole family. Don't miss this chance to support the local Legion and of course your fellow students at this great event!



## Day Camp is Full...sort of.

We hit our maximum for our Karate Day Camp that will be running during the week of **July 12-16 from 9:30am until 3pm**. Then, Sensei Lisa Hill stepped in and offered to help teach which means we can now offer even more one on one instruction! We also don't have to disappoint the children who were already told we had reached our limit either.

Participants will learn Karate in the morning and then do a different activity in the afternoon. Swimming, a science experience from Elephant Thoughts, and a trip to Northwood Zoo in Seagrave are already sure things with more activities being planned.

Price is \$165 plus tax per person for current Okami Kai members. Non-members are \$190 per person plus tax. All participants are asked to bring a bag lunch, sunscreen, and comfortable clothing for each day.



## See The Karate Kid!

Okami Kai and Body Fit are going to be selling tickets to a showing of the original 1984 version of the Karate Kid film starring Pat Morita and Ralph Macchio at The Roxy theatres on **Sun. Sept.19 at 4pm**.

We're planning on having demonstrations outside the theatre, giveaways of free start up packages and much more. Tickets will be \$8 per person with all proceeds going to the Gorgon Foundation. Tell your friends and family!



## Mark Your Calendar!

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

- June 23- Sept.8 – No Wed. 5:30 classes**
- Sat. July 10** – Gorgon's Golf Tournament
- July 12-16** – Karate Day Camp
- Sun. July 18** - Ribfest Demo
- July 31 – Aug.2** –Holiday Weekend (**No Classes**)
- Aug. 6-7** – Summer Synergy
- Fri. Sept.17** – Brown and Black Belt Class
- Fri. Sept.24** – Karate Kyu Belt Grading
- Sun. Sept.19** – Karate Kid at The Roxy
- Sat. Oct.2** – Gorgon's Car Rally
- Sat. Oct.16** – Break Fall 2010

## Wolf Pack Report

Don't forget to bring in your report cards!

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

Yellow Pack 7449 points

Blue Pack Congratulations to Aiden McKinney who was chosen as Ichiban for this month!

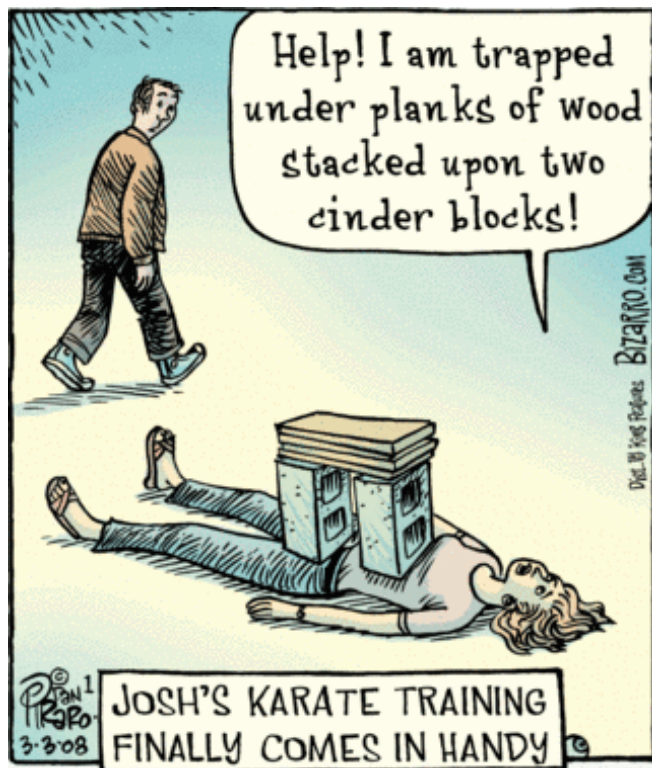
6372 points

Red Pack Welcome Jillian Hall!

5204 points

Green Pack Welcome to Simon Broughton!

4345 points



"Moreover, though this is so, flowers fall when we cling to them, and weeds only grow when we dislike them."  
—Dogen (1200-1253), *Shobogenzo*

## Fall Kyu Belt Grading

Our next grading for all kyu belts in Karate will take place at the Okamikan on **Fri. Sept.24 at 6:30pm.** We strongly suggest that anyone wishing to grade start preparing now.

All orange belts or higher wishing to grade must submit a Request to Grade form into our office no later than Sept.14. Any white or yellow belt who is ready to test will be given a letter from Renshi informing them that they are on the grading list. All grading fees must be submitted by Sept.21. Anyone who does not have their fee in by that time will not be allowed to test.

## *Get Fit For Summer FUN!*

### **2 Month Summer Special**

~ 2 months unlimited gym use

~ FREE 1 hour consultation with our Master Trainer

~ \$50 off coupon for ANY Personal Training Package of your choice

All this for only  
**\$149 + tax**



**BODYFIT**  
REAL RESULTS  
PROGRAM

HEALTH CLUB

See front desk for details!

Offer expires July 15th, 2010

## T-shirt Saturdays Continue

Don't forget that you have the option of wearing an Okami Kai T-shirt to class on Saturday mornings instead of your traditional kimono from your uniform. All you have to do is bring in \$2 per class that can be dropped in the bucket by the front door. All the money goes to the Gorgon Foundation. This is a great way to make some money for a worthy cause and also get used to training for a time that you may not be wearing your jacket, but may need some self defence.