

THE OKAMI KAI HOWLER



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2 Self Defense Courses Available!

Our next On Guard Control and Defensive Tactics course will take place on **June 26-27**.

This is a comprehensive training course covering a variety of topics including practical self defense techniques, 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 is \$350 per person.

Save \$50 for every person you invite to take this course! They must mention your name when they register.

People looking for something a little less intensive and during a weekday can sign up for our 8 hour course running Tues. June 22 and Wed. June 23 from 10:30am until 2:30pm each day. The price is \$90 per person. You can save \$50 should you want to sign up for both courses.



Day Camp is Almost Full!

Spots are going fast for our Karate Day Camp that will be running during the week of **July 12-16 from 9:30am until 3pm**. 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 and comfortable clothing for each day.



Summer Schedule Changes!

We all took a vote at the last Brown and Black Belt class and decided that we'll be taking a break from these for the next few months. Our next class for these higher belts is scheduled for Sept.17. Check in to the August Howler to confirm this.

As we did last year, we'll be **cancelling the Wednesday 5:30 children's class for the summer from June 23 until Sept. 8.** All other classes will run as scheduled.

Join Us For Our Picnic!

Everyone is invited to the Wells' residence at **454 Wagg Rd.** for our Okami Kai picnic which will take place on **Sat. June 19**. This will be a potluck luncheon featuring a Karate kyu belt grading starting at 10:30am. Don't forget to bring your lawn chairs, swimsuits, whatever else you can think of to help enjoy the day, and of course something to contribute to the lunch. You won't want to miss this event for family and friends!



Mark Your Calendar!

For more information visit www.okamikai.com!

- June 12-13 – Kingston Kicks
- Sat. June 19 – Grading and Picnic
- June 23- Sept. 8 – No Wed. 5:30 classes**
- Sat. June 26 – Goodwood Sports Day Demo
- June 26-27 – On Guard CDT Course
- Sat. July 10 – Gorgon's Golf Tournament
- July 12-16 – Karate Day Camp
- Sun. July 18 – Ribfest Demo
- Aug. 6-7 – Summer Synergy
- Sat. Oct. 2 – Gorgon's Car Rally

Wolf Pack Report

Yellow Pack Robert Radovini received 50 points for getting his Mom to walk in the MS Walk. It wasn't posted last month. Sorry Robert.

6758 points

Blue Pack

5863 points

Green Pack Congratulations to Aaron Kantomaa who was chosen as Ichiban for this month!

4082 points

Red Pack

4036 points

HEY KIDS! GET DAD TO TRY A START UP PACKAGE IN KARATE OR AIKIDO THIS MONTH AND YOUR PACK WILL GET 1000 POINTS!!! DON'T FORGET THAT THEY GET THE DISCOUNT PRICE OF \$35 PLUS TAX INSTEAD OF \$99 FOR A PRIVATE CLASS, UNIFORM AND TWO WEEK TRIAL, (SIX CLASS TRIAL FOR AIKIDO). IT COULD BE A GREAT GIFT FOR FATHER'S DAY!

Looking For A Summer Job?

Don't forget about our referral program if you're looking for a little extra cash this summer. You get \$5 for every new student who is outside of your family who purchases a Start Up Package. Plus, if they sign up for six months you get \$25 and \$50 if they sign up for a year! Stop looking for jobs and start looking for students!

**I'm a great believer in luck,
and I find the harder I
work, the more I have of it.**

-Thomas Jefferson

Stop The New Tax On Fitness Programs Like Martial Arts Classes

Submitted by Andy Luukkonen

I'm sure that many of you are well aware of the HST (Harmonized Sales Tax) that is headed our way. Many people including myself wrote to the Premier expressing our concerns. If you were one of them, you would have received the same form letter response that I did. The health of citizen's in Ontario will be greatly affected when the HST is introduced in the province as both adults and children will face increased costs and barriers to being physically active. Fitness memberships will increase in cost by 8% and all sporting registrations will increase by the same amount. The new tax may force people to forgo their sporting and leisure activities and as a result negatively impact their health and well-being. With a growing obesity and inactivity crisis in Canada, now is not the time to be taxing people for maintaining their health. Fitness Industry Council of Canada (FIC) has built and created a website in order to solicit your support and in turn encourage the Government of Ontario to provide an HST fitness exemption. I encourage you to visit the link below. Doubling the tax we currently pay on fitness related programs isn't right. Stop The Fitness Tax! Visit: www.NoFitnessTax.ca

Ever Thought About Cleansing?

Nutritional Cleansing increases the health benefits you'll receive from the ancient health practice of cleansing. The herbs, vitamins and minerals that aid cleansing do two things:

- Accelerate the removal of impurities from the body.
- Nourish the body with vital nutrients to rapidly revive health.

A cleansed and revitalized body is stronger; resists illness better, is more efficient and performs at a higher level than one that is filled with impurities. Many people notice an ability to reach and maintain their ideal weight.

Campsall Renshi has been using products from a company called Isagenix for over a year now and loves the results. Talk to him if you would like more information.

