

# THE OKAMI KAI HOWLER



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## Mixed Martial Arts Expo

Register now for the Mixed Martial Arts Expo happening on **Sat. May 14 and Sun. May 15** at **Metro Toronto Convention Centre**. This is the first time for this event that features 16 padded floor martial arts training areas and over 150 seminars in such areas as Aikido, Karate, Jiu-Jitsu, Kung Fu, Tae Kwon Do, weapons, and more.

Participants may register for the entire weekend or just for the day. Early bird registration price for the weekend is \$145 for adults and \$110 for youths 12 to 15 years of age. **This price is only in effect until March 31.** Rates then jump to \$195 for adults and \$150 for youths. For more information you can look at the posters on the bulletin board or check out their website at [www.mixedmartialartsexpo.com](http://www.mixedmartialartsexpo.com).

**Talk to Sensei to register as we can get a lower group rate if enough of us will be attending.**

## Spring Grading

Please be advised that the grading previously scheduled for March 26 has been moved to **April 2** due to Easter Weekend.

**There will be only one Karate class being taught at 9am on this day** so white and yellow belts may be tested at 10:30am. Orange and higher belts will be tested at 1:30pm. White and yellow belts will be given a letter from Sensei Campsall telling them when they have been posted on the grading list. Orange and higher belts wishing to grade on this day should fill out and submit a request to grade form as soon as possible.



Okami Kai  
T-Shirt  
Sale!

20% Off  
Karateka T-shirts!

25% Off  
Grey Okami Kai  
T-shirts!

GET YOURS



Get The Most  
From  
Your Grading!  
Private Classes



Remember there will be  
**no classes Mar. 26 or 28**  
due to Easter Weekend.

## You Could Be Famous!

At **2pm on March 5<sup>th</sup>**, there will be a meeting for anyone willing to be in the new commercial for Okami Kai that will air on [okamikai.com](http://okamikai.com). We are looking for students of all ranks and ages. We are also interested in having parents talk about their reasons for allowing their child to learn Karate at Okami Kai. There is no need to register. Just come out and get ready to be a star!

## Wolf Pack Report

Points are starting to be given to Wolf Pack members who are joining Okami Kai's MS walk-a-thon team. Remember, Sensei will also be giving \$1 per point for full pledge sheets shown to him. He will also give Wolf Pack members who raise more than him 200 bonus points. Remember that an adult can also become Ichiban for the month of May if they can pass Sensei's fundraising amount too.

**Blue Pack** Congratulations to Sagesse Deane for becoming Ichiban for March. She has earned 100 points. Simon Gladstone received 250 points for joining the walk-a-thon team with his family. 1825 points

**Green Pack** 725 points

**Yellow Pack** Congratulations! You moved to third place! Rob and Jeremy Rilling received 250 points for joining Okami Kai's MS walk team and convincing their Dad to join them. Brennan Wiles also received 150 points for registering with his dad. 712 points

**Red Pack** 608 points

## Martial Arts Word Search

Find the following words and return this search for Sensei to look at.  
First 10 Wolf Pack members to show Sensei get 100 points for their pack!

Karate	Kick	Punch	Throw	Breakfall
Judo	Aikido	O Soto Gari	Age Uke	Soto Uke
Sidekick	Sensei	Senpai	Kata	Kumite

A W G L W I N C E V B E Q Y V X M L H G L I E G A I E C P I O W E B  
H K A R A T E Q G Z D S P Y C E L W M O S O T O G A R I Q Z U X R  
R I Q Y G H Q T U D L S Y L A T A E R E I L P U N C H K U M I D E E  
W C L U E E T U V Z Y W O I L U Q U N U N C V I K A T A I K I D Q A  
K K J T U S E N S E I L T U V N B N E U L V L I K D G O I L P D H K  
P A T A K A T H R U G L M I U L U N O Q L X C I D L H I A P N E S F  
J U D Q E Y L Q E E D U M P A I K I D O T B R E A D I C M P Q P S A  
S O T O U K E P U L J M O P N V W Q U L T S I D E K I C K Y P T J L  
O P L H J U M I P T L W Q M V B R E J K F A L L H P N E T I M U K L  
L T Z P R P N W P B Z Y J P R P W Z I L M V P Z T L P U N I L U Q W  
Z Z I T O O M I L M P O Q U W A Z U O L O P O R T Z O U K I L P X X  
X T Z U A A W P L G H K M W O J L W I L V T R E C C H L X I O P L I