

# THE OKAMI KAI HOWLER



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## Get Ready To Walk Again!

Okami Kai is once again recruiting a team for this year's walk happening on Sun. Apr. 15. We were the largest team last year and ranked 99<sup>th</sup> in all Ontario! We would like to break that record this year and prove once again how much our little Karate club cares about the community.



Wolf Pack members should note that as we have in the past three years, any person who registers for the walk will be given 100 points for their pack. They will then be given an additional 50 points for every person they can convince to walk with them. Plus, anyone who beats Sensei's total will be given a point for each dollar over and above his amount. Full pledge sheets should also be shown to Sensei as he will match points for dollars on each full sheet too. This is a great opportunity to make some changes to this year's scores. Green Pack should definitely think about making an effort for this event.

**Don't forget that the person who beats Sensei by the highest amount will become Ichiban for the month of May. This includes adults!**

If you would like to be a sponsor or a member of Team Okami Kai at the walk-a-thon you can visit the official website at

[www.supercitieswalk.com](http://www.supercitieswalk.com)

Or, visit Sensei' personal support page at <https://msors.mssociety.ca/walk2007/Sponsor.aspx?L=2&PID=896023>

## Dress Down Day!

We're bringing back Dress Down Days starting with one for the M.S. Society on **Sat. Mar. 31**. Students do not have to wear their uniforms providing that they bring \$2 for each class they attend. All regular weapons fees are still required. **This is an optional event. No student should feel that they have to supply the extra fee or not be able to wear their gi.**

*Look for upcoming information on future Dress Down Days in support of the OK Event Fund and other fundraising efforts.*

## OK Event Fund News – GET TOURNAMENT READY!

At the last OK Event Meeting we decided to start raising money for an upcoming trip to France for the World Kobudo Federation Convention happening in May 2008. A Youth Dance is planned for April 20 at the Uxbridge Arena and we have also decided to run a small friendship tournament on May 5 that will feature prizes for all entrants. There will be four categories for both adults and children to participate in. Empty Hand Kata, Weapons Kata, Point Fighting, and Choreographed Demonstration. Anyone interested should speak to Sensei about obtaining a registration form and also supplying the \$30 entry fee which will cover all categories, but does not force any participant to compete in all four. All proceeds will go to the OK Event Fund, but we are also doing this in the hopes that this will get us ready for a WKF tournament happening at the Convention. We don't want to leave all the medals in France!

## Sparring Session

There will be a free one hour sparring session for brown and black belts on **Mon. Mar.26 at 8pm**. This will be slightly more intense than our usual "light" sparring sessions that we have in class. All men have to wear supports. All women should look into chest protection. Mouth guards, shin pads, and forearm pads are all voluntary, but are recommended. Head gear is mandatory. If you are interested in attending, you should let Sensei know as you will be required to sign a separate waiver and this must be completed before you can participate. You should also allow at least one week for delivery of any equipment that you do not have, but would like for this session.



## On Guard Motivational and Instructional Teaching Course

Register now for a 6-8 hour detailed course of study taught by Kyoshi Kevin Blok. This course focuses on motivating oneself and others as well as improving and upgrading your delivery of instructional techniques of all kinds. The program includes the basic concepts of how we learn most and least effectively, the K.I.S.S. principle, chunking, active listening and effective communication. Also included is how to give and receive criticism, empathy in communication, using feedback, information retention and re-enforcement, review, and personal accountability. The motivational section of the course includes knowledge versus wisdom, building rapport, expectations and direction, patience, attention, empowerment, kaizen (the concept of continual improvement), encouragement, adjusting and focusing on appropriate priorities, commitment to excellence, personal bliss and walking the talk. A graduate certification diploma is provided after successful completion of the course.

This course will take place in the Community Room located on the second floor of Zehrs at 321 Toronto St.S. in Uxbridge from 9:30am until 5:30pm.

Use your credit card and register online for this course at

[http://www.active.com/event\\_detail.cfm?event\\_id=1415252](http://www.active.com/event_detail.cfm?event_id=1415252)

**There will be no Sai or Aikido Classes on this Day.**

## **No Parking**

Due to the opening of the YMCA daycare next door to us, parking has been limited to the North side of the building by the main Body Fit entrance. Please do your best to make a good impression on our new neighbours by respecting their space.

Okami Kai  
Baseball Hats  
Now available  
In Black and  
White!  
\$17.00 tax included



## Wolf Pack Report

**Red Pack** Congratulations to Nate Dejong who was chosen as Ichiban for this month!

**1458 points**

**Blue Pack** .

**750 points**

**Yellow Pack** Congratulations! You moved to third place! Keep working to improve your lead!

**517 points**

**Green Pack**

**514 points**

## **Still Space Left For Kyoshi!**

There is only a small amount of room for Kyoshi Saily's children's seminar on **Sunday March 18** but a bit more space in the planned adult workshop. It was announced last month that anyone who had not registered by Mar.1 was going to have to pay an extra \$10 per person. However, Sensei has decided to extend the price hike deadline until Mar.8. After then, all prices will definitely increase. Don't miss the chance to save a little money on the seminar for children ages 6 years and up until Mar.8 it is \$15 for members. The adult seminar will take place between 2:30 and 4:30pm and until Mar.8 is \$30 for members.

Use your credit card and register online for this event at

[http://www.active.com/event\\_detail.cfm?event\\_id=1415254](http://www.active.com/event_detail.cfm?event_id=1415254)

## **Mark Your Calendar!**

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

Mar.2, 16, 30 – Friday Night Bo Classes

Mar.5 – Okami Kai Brown and Black Belt Class

Mar.12 – HBK Brown and Black Belt Class

Mar.16 – Demo Team Practice

Mar. 18 – Kyoshi Alain Saily Seminars

Mar.19 – OK Event Fund Meeting

Mar. 24 – All Kyu Belt Grading (**No Classes**)

Mar.26 – Sparring Session

Mar.31– Dress Down Day

Apr.7-Apr.9 – Easter Weekend (**No Classes**)

Apr. 14 – Teaching Course (**No Sai or Aikido Class**)

Apr. 15 – MS Supercities Walk

Apr.20 – OK Event Fund Youth Dance