

# THE OKAMI KAI HOWLER



Volume 10, Issue 7

March 2009

## Kingston? Here We Come!

### Kyoshi Blok Seminar – Sat. Apr.4:

Sensei Campsall is organizing a group that want to attend a seminar with Kyoshi Blok at Sensei Ted Theelen's dojo in Kingston.

### THIS IS NOT JUST FOR AIKIDO STUDENTS.

Karate students are more than welcome especially since it is at a Karate dojo.

The seminar is in the afternoon so we could leave in the morning and return that night. No overnight stay would be necessary.

Talk to Sensei Campsall for more details.

### Kingston Kicks - May 23-24:

Sensei Campsall is teaching with Kyoshi Kevin Blok, Shihan Norm Beauchamp, and a long list of other instructors at Sensei Ted Theelen's event happening at the Ambassador Hotel in Kingston on **May 23-24**.

The Saturday features seminars while the Sunday offers a very fun and safe tournament where our students from all ranks and ages are allowed to participate.

This promises to be a very fun and worthwhile event where all of our students and their families will have a weekend to remember.

For more information, you can visit <http://www.kingstonkicks.net>.



## Still Not Getting E-Howlers?

Stay up to date on all of your school's information by making sure we have your current email address.

## Spring Kyu Belt Grading

Our next all kyu (colour) belt grading will take place at the Okamikan on **Sat. Mar. 28 at 9:30am**. All students who are orange belt or higher and wishing to grade should fill out a request to grade form and hand it in to our office no later than March 17. All payments should be in by March 24. White and yellow belts will be given a letter from Sensei telling them when they are ready to be tested.

There will be no regular classes on this day.

## HBK Anniversary Party

Hiryu Bushido Kai Martial Arts and Wellness Centre will be celebrating their 20<sup>th</sup> anniversary on **Sat. Apr. 18**. There will be workshops/seminars during the day and a special dinner and dance to follow during the evening. Look for more information as details become available.



## Mark Your Calendar!

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

- Sat. Mar.7** – T-Shirt Sale Day!
- Sat. Mar.27** – Free Aikido Class
- Sat. Mar.28** – Kyu Belt Grading (**No Classes**)
- Mon. Mar.30** – HBK Brown and Black Belt Class
- Sat. Apr.4** – Kyoshi Blok Seminar in Kingston
- Sat. Apr.18** – HBK 20<sup>th</sup> Anniversary Party
- Sun. Apr.19** – MS Walk-A-Thon
- May 23-24** – Kingston Kicks
- July 13-17** – Karate Day Camp
- Aug.7-8** – Summer Synergy

## Referral Program Pays Off Again!

Not only are Sensei Dave Boudreau, Andreas Georgiou, and Reece Rodych receiving our thanks for referring their school to their friends. Each of them also got a payment of \$55! You could also be making money for telling people to try Okami Kai. What are you waiting for?

## Join The Okami Kai Walkers!

Okami Kai is once again recruiting a team for this year's MS Supercities Walk-A-Thon happening on Sun. Apr. 19.



Wolf Pack members should note that as we have in the past four 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.

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

<http://www.supercitieswalk.com>

*In the beginner's mind there are many possibilities, but in the expert's mind there are few.*

- Shunryu Suzuki

## Wolf Pack Report

Yellow Pack

1406 points

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

953 points

Green Pack

786 points

Red Pack Welcome Evan Bartley!

530 points

## Tax Receipts

We still have some receipts in our office for parents interested in applying for the government's child fitness tax credit. These will not be supplied to our younger students to give to their parents as we feel this is too important a document and we do not want them lost or left in the dojo or the changerooms. Parents must make arrangements to pick up their receipt(s) as soon as possible.

## Free Aikido!

Campsall Sensei will be teaching a free Aikido class to anyone who is 14 or older and interested in learning about the Yoshinkan Aikido program that we are currently offering. Participants should dress comfortably and arrive at our dojo at **7pm on Friday March 27**. No advance registration is required, but it would be appreciated if you let Sensei know that you will be attending so he has a rough idea of how many to expect. No previous martial arts experience is necessary either so feel free to bring a friend!

