

THE OKAMI KAI HOWLER



Volume 4, Issue 9

May 2003

Happy Mother's Day!

We are offering a special incentive to all of the mothers of club members. For this month only, you can get a free introductory course. If you register for a year, we will give you a free uniform! You also get a discount for already having a family member in the club. You have sat on the sidelines long enough. It is time to get on the mats and see what studying karate is like. Learn something new and get some more quality time with your child! The mothers that are already in the club seem to be enjoying themselves, why wouldn't you? They are getting in better shape and reducing their stress while you are trying to do it all by yourself. Make the time for yourself. You deserve it.

**I'M A KARATEKA
T-SHIRTS
\$21.78 plus tax**

How do you do in a dojo?

Learning 'Clean' Technique

Cleanliness is next to godliness. The Studio Rules sheet in your new members packet talks about how everyone must wear a clean and neat uniform. The membership agreement you signed when registering with Okami Kai also says that you must observe all school rules or we can discontinue your membership with us. Many times your cleanliness is overlooked due to the fact that it does not appear at first to be an important rule. No one seems to be at risk by you having a torn or smelly gi. Think how it would be though, if you were working with a student and their appearance was less than hygienic. Would you not be distracted? Is your focus not important when training in a martial art? Now, if you were that student you would be taking an unnecessary risk. Your appearance has everything to do with your training and your safety. It is not just essential to have good technique, it is also important to have 'clean' technique.

Learn SARS Battle Tactics at Martial Arts Quest 2003

As announced in the Sensei Says report on okamikai.com, Sifu Lee's morning Chi Kung workshop will be focusing on techniques to increase respiratory capabilities and immunity to help fight off SARS. Start time for this workshop is 11am.

There will also be a martial arts exhibition run between 12pm and 2pm. This is a free workshop that will inform the public about different martial arts and the benefits of studying them.

The workshop at 2pm will also feature Sifu Lee who is a 31st generation Shaolin warrior monk. It will focus on Shaolin training principles.

Don't miss the demonstration show called Dance of the Dragon which will run at 7:30pm. Okami Kai is pleased to have a demonstration team involved. There will also be members from HBK, Sifu Lee's Kung Fu Centre, and members of a Capoiara group from Toronto. *Tickets are on sale now!*

Wolf Pack Report

Blue Pack 2426 points

Red Pack Yellow Pack is getting closer!

1726 points

Yellow Pack 1682 points

Green Pack Jessie gets 100 points for bringing in his brother Dylan! Welcome Ferenc Sarcozy!

1375 points

All classes on Saturday May 17 and Monday May 19 have been cancelled due to the long weekend.

The white and yellow belt grading as well as the Bo seminar has been rescheduled for the following weekend (Saturday May 24).