

# THE OKAMI KAI HOWLER



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## First Time For An Adult Ichiban!

Congratulations to Senpai Darcie Campsall for becoming Ichiban for the month of May. She beat Sensei by \$1 in MS Walk-A-Thon pledges by raising \$797.00. This is the only time all year that an adult student can receive the title.



## Look Out For The Okami Kai Divas!

Most people are very aware that males are the dominant force behind any martial arts business. Yet, nearly everyone can agree that female students are a special asset to a martial arts club for numerous reasons.

Nobody will argue that Okami Kai's Karate curriculum is difficult. We demand that all of our students perform not only physical and mental tasks to the best of their ability, but we also encourage all students to budget their time to come to class at least twice per week. For a wife and/or a mother, this is extremely difficult at times. A household needs to be run and yet their must be time for training!

It is with these thoughts in mind that Okami Kai has decided to recognize our adult female students by promoting their amazing accomplishments in and outside of the dojo. Therefore, we have started the **Okami Kai Diva Club**. Special wristbands will be provided to all adult female students 19 years of age and older. We are also happy to announce that we are currently working on pink **Okami Kai Diva** merchandise that will have a special logo on it so everyone will know the pride these ladies have for their organization and their special place in Okami Kai. Pink sparring gear is available from our friends at Century too. Check out our catalog for more information.

Also, expect there to be exclusive times set up for **Divas** training and socializing. More news will follow as it becomes available. In the meantime...**THINK PINK!**

 **Join Us For The  
OK Event  
Fund Car Wash!  
Sat. May 6**

**9:30am until 1pm! \$5 for most cars!**

## CLASS CANCELLATION

Remember that there are no classes on  
**Sat. May 20 or Mon. May 22**  
due to the long weekend  
(and the WKF Convention)!

## Wolf Pack Report

**Green Pack** Congratulations to Senpai Garrett Clifford for getting a straight A report card! He earned a bonus 200 points for this accomplishment. Senpai Garrett also earned 100 points for registering for the MS Walk-a-thon and received another 100 for getting his Mom and Dad to walk with him. Seth Harvey earned 100 points for registering for the MS Walk-a-thon. His Mom and two sisters are also walking which gives him 150 points too. **4005 points**

**Blue Pack** **3306 points**

**Yellow Pack** **3123 points**

**Red Pack** **1465 points**

## Upcoming Events

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

**May 6 – OK Event Fund Car Wash**  
**May 13-14 – Mixed Martial Arts Expo**  
**May 19-22 – WKF Convention**  
**June 2 – OK Event Fund Youth Dance**  
**June 24 – Karate Picnic**  
**July 10-14 – Karate Day Camp**  
**Aug. 19-20 – Warrior Weekend**  
**Sept. 16-17 – On Guard Course**

# The Reason I'm Still Doing Karate

By Senpai Sagesse Deane, Age 11

*The reason why I'm still doing Karate is that it builds my self-confidence and my self discipline. The reason why it builds my self-confidence is that every time I train, I realize that I can always be better; I can always do a better stance, I can always do a better punch, a block, or a kick. All that is also a big part of self-discipline; if I know that I can always be better at something, I push myself to make it better.*

*Karate helps me be all that I can be. Awhile back, I couldn't do a front roll, but with all the self-discipline I learned in Karate, I pulled it out of myself. Now, I can do a front roll and many other things I had trouble doing before.*

*Karate also helps me set goals and achieve them. When I first came into the dojo, my goal was to be a black belt. Self-confidence and self discipline have helped me so far to achieving that goal. I am now a brown belt!*

*Karate also helps me defend myself. If I'm ever getting attacked, all the things that I learn in Karate will help me defend myself. I will know techniques that will help me. If someone grabs me, I know what to do, and if someone punches or kicks me I know what to do.*

*Karate is also very good for me. It is very good exercise. It builds a lot of muscle. When I'm in those stances I can feel the burn, and that burn is building muscle. It also builds a good heart, both physically and mentally.*

*Karate also builds my focus. When you're fighting, you have to stay focused. If I'm sparring and I'm not focused, the person who I'm fighting will hit me.*

*Karate is also a cultural experience. I've learned a bit of Japanese. I've also learned a little bit about Japanese culture and how they're very respectful and believe in self discipline.*

*Karate is also a lot of fun. We have lots of different fun Karate workshops. It was really fun when we had Kyoshi Alain Saily visit us.*

*My Sensei has contributed to all these things that I've learned. He's really helped me develop more self-confidence and more self discipline. All these things that he's taught me aren't just useful in Karate but in my everyday life. They help me strive and stay focused at school, in piano, and in dance. If I learn all these valuable things in Karate, then why would I ever quit!*

## We're Looking For More Essays

We are currently in need of essays for the Uxbridge Cosmos. Submissions must be no longer than two paragraphs and explain why our students and/or their families enjoy Okami Kai. Emailing Sensei at [sensei@okamikai.com](mailto:sensei@okamikai.com) is the best way to submit them. Once he gets them, he can edit them and forward them to the Uxbridge Cosmos.

Some submissions may also be printed in upcoming issues of the Okami Kai Howler.

## Give Mom Some Kicks This Month!

For the month of May only, we are giving a 10% discount on everything to all Moms. This includes Start Up Packages and Okami Kai merchandise!

Now is the time to get Mom training if she is not already. Who knows? She could be the next **Okami Kai Diva!**