

# THE OKAMI KAI HOWLER



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## “Sensei Has Left The Country!”

Sensei Campsall will be traveling to Japan with a group of 16 North Americans including Senpai Darcie, Sensei Chan, and Keegan Lee. During the dates of May 21-June 3 the office will be closed, but all classes with the exception of Aikido will run as scheduled. Sensei is very thankful for the abundance of support shown by the brown and black belt students who will be covering for him during his absence. He would also like to thank the OK Event Fund for their generous donation of finances and hard work towards this trip.

## Congratulations!!!

A heartfelt congratulations goes to now Sensei Dave Boudreau and Sensei Garrett Clifford who were given their titles during the grading that happened April 21 at Hiryu Bushido Kai. They are now allowed to wear black dogi during all classes.

## Potential Courses and Workshops

Sensei has been approached by a few people about offering some extra classes not usually offered within the Okami Kai curriculum. Please speak to him if you are interested in the following...

**Bully Buster Course** – For ages 6 to 14. See the Kid’s Tactic Program in the “Programs” section of [okamikai.com](http://okamikai.com) for more info.

**On Guard Control and Defense Tactics Course.** Speak to Sensei to help narrow down a possible date that this course may be offered. Details can be found at [www.onguardtactics.com](http://www.onguardtactics.com).

## Instructor Roster Announced For Warrior Weekend '07!

Most of the details regarding Warrior Weekend '07 have been posted on [okamikai.com](http://okamikai.com) including the three instructors that will be featured this year. Sensei Campsall will teach on the Friday night at 6:30pm while 8<sup>th</sup> Degree Aikido Black Belt Kyoshi Kevin Blok, and 7<sup>th</sup> Degree Jiu-Jitsu Black Belt Shihan Norm Beauchamp will both be teaching on the Saturday. Keep checking into the site as more information is added and make sure you book your tent and/or trailer site at Cedar Beach for **Aug.17-19** as soon as possible. Space in the park is limited. You can reach the Cedar Beach office by phone at **905-642-1700**. Anyone who is planning on attending for just the day will have to pay an admission to the park of \$6 per adult and \$3 per child. Parking is included in this price.

*Also, don't miss out on the Saturday night potluck dinner (hamburgers, hot dogs, and soft drinks provided) or the 'potluck' fireworks display on the Saturday night! Oh yes, you'll want to stay over night!*

“I can’t imagine a person becoming a success who doesn’t give this game of life everything he’s got.”

- Walter Cronkite

## Mark Your Calendar!

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

- May 7 – Okami Kai Brown and Black Belt Class
- May 11 – Demo Team practice
- May 12 – OK Event Fund Dress Down Day
- May 14 – HBK Brown and Black Belt Class
- May 19-21 – Long Weekend (**No Classes**)
- May 28 – Sparring Session
- June 18 – OK Event Fund Meeting
- June 23 – Picnic and Karate Grading (**No Classes**)
- Aug.17-19 – Warrior Weekend

# 4 Steps To Achieving A Martial Arts Goal

By Sensei Campsall

Recently, I earned my 3<sup>rd</sup> kyu brown belt in Yoshinkan Aikido. To be honest, I was hoping that I would be closer to my black belt rank by now when I decided over four years ago to take classes in this martial art. I obtained my Shodan (first degree black belt) rank in Karate in four and a half years. Why should Aikido be any different? Truth is, I trained a lot differently for my Shodan in Karate than I have been for my Shodan in Aikido and there a lot of considerations that needed to be made in order to see the same results in the same amount of time. So, after reflecting about myself and my training, I thought I would share with you some of my tips for going the distance and reaching a martial arts goal.

## **1. Envision yourself completing the task.**

No, I don't have my Shodan in Aikido yet, but God willing, I will get it. Every trip I take to the dojo, every class I train in, every time I practice at home, I have one thing on my mind. Get my black belt. Nothing stops you when you are certain of your destination. You train with more intensity and you have a direction. I can't sell myself short and think that earning a black belt in Aikido is not within my reach. I started as a white belt in Karate and now I have my Sandan (3<sup>rd</sup> degree black belt). I started as a white belt in Aikido too and now I have my brown belt. Shodan will come. I just have to keep on doing what I'm doing and keep on training. Success is inevitable.

## **2. Attend classes regularly.**

I have to set dates for my training and make sure I stick to the schedule as much as possible. If I can't make a class when I normally would, I make sure that I schedule another one as close as possible to the original time. We all get sick, take vacations, have setbacks in life, etc. What makes a serious martial artist separate from the rest is their ability to get back in the dojo as soon as possible and then train just as hard if not harder than when they left.

## **3. Practice at home.**

If it weren't for the invention of video there wouldn't have been DVDs and if it weren't for those things, I wouldn't be even close to the rank I'm at now. Class attendance allows me to get better details about the requirements needed for my rank, but home practice solidifies my techniques and allows me to better prepare for the next class. No serious student lets two days pass without studying their martial arts either in class or at home.

## **4. Get Serious.**

It wouldn't make much sense to come to class and not train hard or realistically push myself. I'd be wasting both my time and my money. Every time I'm in the dojo I enjoy myself, but I also must admit that when it's time to train, it's time to get to work. I have to work hard. A black belt is just around the corner.

# Wolf Pack Report

Thanks to everyone who walked in the MS Walk-A-Thon and helped make Okami Kai the largest team in the Uxbridge walk for the second year in a row! All points have been added based on the team list on supercitieswalk.com and also the full pledge sheets that were handed in for extra points. Sensei raised \$525. If you raised more than that, you need to show him your receipt or pledge sheet so you can be made Ichiban. As nobody did this before May 1, the Ichiban title will automatically be given to anyone who beat Sensei for the month of June. THIS INCLUDES ADULTS!

**Red Pack** Congratulations to Senpai Jeffrey Hight who was chosen as Ichiban for this month! This is the second time that he has received the title. **Aylivia Taylor** received 100 points last month for registering for the MS Walk-A-Thon, but got another 100 this month for encouraging her parents to walk with her. **Katrina Taylor** also earned 100 points for registering the Walk-A-Thon, but encouraged her parents too for another 100 points. **Senpai Jeffrey Hight** received 100 points for registering on the Okami Kai team and another 100 for being the only one to wear a gi in cold and wet weather. Hopefully he doesn't earn a cold too.

**3282 points**

**Yellow Pack** Congratulations to Andrew Tennent who was chosen as Ichiban for the month of April. **Daina Simanovskis** earned 100 points for registering on the Okami Kai team for the Walk-A-thon.

**1499 points**

**Blue Pack** Matthias Hansen earned 100 points for walking in the MS Walk-A-Thon. Senpai Alex Canario earned 250 points for walking with her family in the Walk-A-Thon on the Okami Kai team.

**1233 points**

**Green Pack**

**562 points**

