

FATHE OKAMI KAI HOWLER



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May 2008

Karate Day Camp

Our Summer Day Camp will run during the week of **July 14-18 from 9:30am until 3pm** each day.

Students will learn Karate in the morning and then participate in another fun activity in the afternoon.

Price is \$155 per person for our current students and \$185 for non-members.

Both prices will increase an extra \$25 per person after June 30. You must be 6 or older to participate.



Looking For More Iaido?

Okami Kai's Iaido group will be getting together for a regular half hour class on Wednesday evenings after the adult class. Any student 14 years of age or older who would like to participate in these can do so starting on May 7. Bokken should at least be purchased by anyone seriously interested in taking up this study for \$18 each. Iaito (training swords) and hakama can also be purchased through our office should they be desired. Please note that training in Iaido fulfills the weapons requirement needed to advance to the Brown and Black Belt levels, but an actual Iaito and Hakama must be used for tests.

At Least Twice Per Week

Due to previous years, we know that as the mercury on the thermometer goes up, the attendance at the dojo goes down. We cannot emphasize enough how important it is to get to the dojo at least twice per week. Sure, there are going to be days when you'd rather be outside enjoying the fresh air than working on your martial arts inside, but the self discipline you have today will pay off lots in the future. Just two hours a week plus whatever small time commitments you can make at home to practice and increase your abilities could make the difference on how fast you see improvement both in yourself and the colour of belt that is around your waist.



Wolf Pack Report

Yellow Pack Congratulations to Rileigh Rodych for being chosen as this month's Ichiban!

1985 points

Red Pack Jeffrey Highet got 100 points for walking in the MS Walk last month. He got another 50 for convincing his Dad to walk with him.

1522 points

Blue Pack

930 points

Green Pack

926 points

HBK/Okami Kai Picnic

This year's picnic will be held on **Saturday June 14** at Shihan Walker's new home located on Elm Tree Rd. in Woodville. As in past years it will feature a Karate grading and some fun activities for the kids. Everyone is welcome to attend. Make sure you bring your lawnchairs!

Mark Your Calendar!

For more information visit www.okamikai.com/

Sat. May 3 – Kyoshi Blok Seminar in Oshawa

May 8-11, 2008 – WKF Convention in France

Tues. May 13 – Sensei Yasuhisa Shioda Aikido Seminar in Windsor

May 10& 24 – **Dress Down Days**

May 17-19 – Victoria Day Weekend (**No Classes**)

May 23 at 7pm - Iaido

May 23 at 8pm – Sparring Club

Mon. May 26 – HBK Brown and Black Belt Class

June 7-8 – Kingston Kicks (**No Classes**)

June 21-22 - MMA Expo III in Toronto

July 14-18 – Karate Day Camp

Aug.9-10 – Summer Synergy Aikido Convention

Sept.20-21 – On Guard CDT Course

