

THE OKAMI KAI HOWLER



Volume 10, Issue 3

November 2008

Knock Out Hunger Night 10!

We are joining up with Body Fit again for our tenth annual "Knock Out Hunger Night" at 6pm on Mon. Dec.1. This is an open house type of event where the public can, participate in some fitness classes, learn about martial arts, and watch some of our students demonstrate their martial arts talent. Admission is a non-perishable food item that will be given to the Loaves and Fishes Food Bank. Subway sandwiches will also return to provide some delicious snacks for the participants. Make sure to bring some extra cash for a raffle draw for some great prizes with all proceeds joining the food as a donation to the food bank.

All members are encouraged to attend with their friends and family. Spread the word and tell everybody to knock out hunger with us!

Brown and Black Belt Classes at HBK

All brown and black belts should make sure that the last Monday is free so they can attend the special class just for them held in the Port Perry dojo. Last month's class focused intensely on kata and some minor changes were discussed. Make sure you get all the up to date information...**GET TO CLASS!**

Family Day

All of our members' families are invited to join us for a special class on **Sat. Nov.29 at 9:30am**. Sensei will be guiding the student in each family as they teach their loved ones martial arts. After the class, we will be going downtown to watch the Santa Claus Parade together. Don't miss this chance to get some valuable quality time with your family!



Make Sure You Get An *E-Howler!*

We're currently working on a way to provide a newsletter via email. Please ensure that we have your correct and up to date email address. If you are in doubt, you can email Campsall Sensei at sensei@okamikai.com and he will make sure you are on the distribution list.

Congratulations to Lisa Hill!

**She was paid \$50 because one of her referrals
signed up for a year!
Keep spreading the word about Okami Kai
It pays off!**

Mark Your Calendar!

For more information visit www.okamikai.com!

Nov.8 – Kyu Belt Grading
Mon. Nov.24 – HBK Brown and Black Belt Class
Sat.Nov.29 – Family Day (**No Weapons or Aikido**)
Mon.Dec.1– Knock Out Hunger Night 10
Fri. Dec.12 – Black Belt Grading
Sat. Dec.13 9:30am – Kyu Belt Grading (**No Classes**)
Sat. Dec.13 7:30pm - Christmas Party
Feb.28-Mar.1 – On Guard CDT Course

Networking Get Together

Shihan Walker is planning a get together at the HBK dojo in Port Perry for anyone interested in building home based or small businesses. Come share ideas on **Sat. Nov.22 at 1:30pm** so you can grow your client database and increase your sales. Admission is free on condition that you won't be pushing your specific business on anyone. This is strictly an empowerment meeting to get something fresh and new that you may not have tried before.

NEW

NOW AVAILABLE!

OKAMI KAI DRAWSTRING BAGS!

**Carry and store your gloves in style!
Makes an excellent stocking stuffer.**

Just \$10.00 each!

Two monks were washing their bowls in the river
when they
noticed a scorpion that was drowning.
One monk immediately
scooped it up and set it upon the bank. In the
process he was
stung. He went back to washing his bowl and
again the scorpion
fell in. The monk saved the scorpion and was
again stung. The
other monk asked him, "Friend, why do you
continue to save the
scorpion when you know its nature is to sting?"
"Because," the monk replied, "to save it is my
nature."



Wolf Pack Report

Yellow Pack

636 points

Blue Pack Congratulations to Brandon Hill for being chosen as Ichiban for this month!

320 points

Green Pack

265 points

Red Pack Welcome Rebecca Smith!

176 points

Thanks For Break Fall

I want to convey a special note of thanks to everyone who helped with Break Fall 2008. It wouldn't have taken place without people helping cover classes, lending vehicles, or moving mats on the Thursday before. I also want to give special thanks to Sensei Mick Chambers for lending us his tatami too (if he just happens to read this).

It also couldn't have happened without great instructors and of course fantastic participants. By all indication from the people that attended, we'll be doing it again. Mark your calendars for Nov.7 next year for when we'll be hosting Break Fall 2009!

OSU!

Scott Campsall

Are You Slacking Off?

We have been noticing that some of our students are not attending classes regularly. You must show up at least twice per week in order to improve and not have to review every time you're in. Reviewing all the time gets boring and soon you'll see that even showing up once a week or less is a waste of time.

Practicing at home helps too. Do you know the requirements for your level or do you need to study more? Are you remembering everything you need to when working on a kata, drill, or technique in class?

Keep motivated. Keep working and keep coming to class. You'll see the results in your belt level and in yourself!

Oh, and remembering your sparring gear for Karate students or weapons for Aikido students doesn't hurt either.