

THE OKAMI KAI HOWLER



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November 2009

Knock Out Hunger Night 11!

We are joining up with Body Fit again for our eleventh annual "*Knock Out Hunger Night*" at **6pm on Mon. Dec.7**. This is an open house type of event where the public can participate in a children geared fitness class, learn about martial arts, and watch some of our students demonstrate their martial arts talent. Rumour has it that Santa Claus will also be attending this year and posing for photographs. Admission is a non-perishable food item that will be given to the Loaves and Fishes 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!

NEW THIS YEAR! We will be giving 5 Wolf Pack points for every item of food (box, can, etc.) dropped in the designated box for each Pack! Boxes will be available for drop off as the date for KOHN draws closer.



Congratulations to these people who earned money referring their friends to Okami Kai!

Jill Minshull
Rhys Fitzpatrick
Aiden McKinney



**Keep spreading the word about your martial
arts school.
It pays off!**

Family Day

All of our members' families are invited to join us for a special class on **Sat. Nov.28 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!



Mark Your Calendar!

For more information visit www.okamikai.com!

Nov.7-8 – Break Fall 2009 (**No Regular Classes**)

Fri. Nov.20 7:30pm – Brown and Black Belt Class

Sat. Nov.28 – Family Day (**No Weapons or Aikido**)

Dec.5-6 – On Guard CDT Course (**No Aikido**)

Dec.11 – Black Belt Grading

Dec.12 – Kyu Belt Grading (**No Classes**)

Dec.12 – Okami Kai Christmas Party

Dec.17 – Blast Class 2009 (**No 5:30pm Class**)

Feb.6-7 – Budo Break

Wolf Pack Report

Blue Pack Welcome Mikayla and Zachary Gibb!
Aiden McKinney got 200 points for bringing you in!
3848 points

Yellow Pack Congratulations to Shawn Rosher
who was chosen as Ichiban for this month! Welcome
Griffen McKenzie! Rhys Fitzpatrick got 100 points
for bringing you in. Cole Bagshaw got 100 points for
encouraging his Dad to start training.
1368 points

Green Pack 2686 points

Red Pack 2606 points

There is still room for Break Fall 2009!

We honestly thought by now that this event would be full. We're close, but still have a few extra spaces left. **Don't miss your chance to learn from some of the best that the martial arts world has to offer. Grab one of the last remaining spots now!**

Price is \$99 per person which includes a full day of training with each instructor and a buffet dinner to follow at Jersey's Restaurant on the Saturday. Those just wishing to attend the dinner can do so for \$35 per person.

There will also be a 2 hour specialty class with Kyoshi Blok on Nov.8. The separate cost for this is \$40 per person.

Don't forget that there will be no regular classes taught on the Saturday of this event.

When the character of a man is not clear to you, look at his friends.

- Japanese Proverb

Next On Guard CDT Course Taught by Kyoshi Kevin Blok

Our next Control and Defensive Tactics course is happening here on **Dec.5-6**.

This is a comprehensive training course covering a variety of topics including practical self defense techniques, use of force continuum, aligning skills for greater effectiveness, hold reversals, blocks, checks, pressure point controls, stuns, basic edged weapon defense and more with a strong focus on control of others for arrest and/or detainment. A graduate certification diploma is provided after successful completion of the course.

Price is \$350 per person or \$300 for CAFI members. You can also receive a \$50 discount for everyone that you refer to take the course with you.

Space is limited so sign up today!



Are You Missing Out On Okami Kai News?

On the 15th of each month we send out an E-Howler. If we don't have your email address, you're not getting it. Make sure you're in the loop on important club events by keeping us updated on your address changes. Please also note that just because you're getting these paper ones, it doesn't mean that you're up to date. That's the whole reason why we wait until the 15th to send out the email version. We're not paper savers. We're communication promoters!

Extra Classes

Campsall Renshi has been approached to teach classes in Iaido as well as teach a handcuffing course and a course teaching ways to use extendable batons. Please speak to him if you are interested in such things. He would be happy to arrange something if there is enough of an interest.

