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# THE OKAMI KAI HOWLER

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## Bring On The Champ!

We are very excited about our upcoming seminars with Jean-Ives Thériault on Oct. 14. These are for anyone interested so invite your friends, relatives, and anyone else who is willing to enjoy a great Saturday afternoon with an incredible person. Prices and times are posted on our website on the flyers around the gym and dojo.

Jean-Yves Thériault is a living legend in Kickboxing. Born on January 15th, 1955, he began his Martial Arts career in Jiu-Jitsu in 1972 where he achieved the rank of blue belt. In 1976, after only six months of training he won his first Kickboxing competition. Two and a half years later, and a lot of hard work and determination he became the Canadian Middleweight Kickboxing Champion. In 1980, he won the title of the World Middleweight Kickboxing Champion, a position that he held for 15 years! He is a natural athlete who trains extremely hard, and has the greatest disposition. His ring name is "The Iceman" due to his intimidating icy stare and his cool demeanor in the ring.

Since he became a Champion, Jean-Yves has worked with many groups and charities, such as, the Big Brothers, Children's Wish Foundation, Laucan and numerous others. He is author of a book on his winning techniques and has a series of video cassettes on the science of combat sports. He is the subject of an hour and a half film produced by the National Film Board. He was voted Athlete of the Decade by the Sports Writers Association of his home province, New Brunswick.

Since his retirement on December 1st, 1995, (a 3rd Round Knockout of Marcus Reid) Jean-Yves still trains 5 days a week and teaches classes. He is a role model for all Martial Artists today; he is humble, honest and down to earth. He is a devoted father and a friend to all of his students.

Today, Jean-Yves has also become a world-class promoter for the sport of kickboxing. He is giving new, young fighters the opportunity to realize their dreams in the "Iceman Amateur Kickboxing Circuit." He is a true ambassador for the sport giving back so other ambitious athletes can realize their dreams.

If it's kickboxing in Canada, its "The Iceman" Jean-Yves Thériault...**AND, HE'S COMING HERE!**

## Wolf Pack Report

**Red Pack Welcome Katrina Taylor!** Aylivia Taylor gets 100 points for encouraging you to start Karate! She will also save \$50 on her renewal for next year because you have decided to sign up for a year membership.

387 points

**Green Pack Congratulations to Karissa Georgiou for being chosen as Ichiban for last month! Congratulations to Marley Georgiou for being chosen as Ichiban this month!**

326 points

**Blue Pack Welcome Jared Reaman!** Senpai Sinclair Minshull gets 100 points for encouraging you to learn Karate. **Welcome Matthias Hansen!**

181 points

**Yellow Pack Welcome Liam McCormick, Maxx Bozzo, Rachel Nethery and Tristan Worsley!**

92 points

## Mark Your Calendar!

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

- Oct. 2 – Brown and Black Belt Classes Return**
- Oct. 4 – Yoshinkan Aikido Classes Start**
- Oct. 7-9 – Thanksgiving Weekend (NO CLASSES!)**
- Oct. 14 – Seminars with Jean-Ives Theriault**
- Oct. 20 – Demo Team Practice**
- Oct. 23 – OK Event Fund Meeting**
- Oct. 31 – Halloween – (NO CLASSES!)**
- Nov. 18&25 CPR and First Aid course**
- Dec. 4 – Knock Out Hunger Night 8**
- Dec. 16 – Christmas Grading and Party**



## OK Event Fund News

### CPR and First Aid Courses

Cheryl Yakem will be teaching Red cross certification courses on Nov. 18 and 25. People wishing to be certified on CPR only can participate in the class on Nov. 18 for \$40. People wishing to also be certified on Emergency First Aid can train on the same day and stay for a little bit longer for an extra \$20. Anyone wishing to be certified on Standard First Aid has to attend both Saturdays in order to receive their certification. If you already have your CPR certification, the Nov. 18 class is optional, but still recommended for a chance to review your techniques. The cost for a Standard First Aid Certification is \$110 per person. All proceeds will go to the OK Event Fund in their pursuit to help raise money for the Japan trip scheduled for May 2007.

### Tupperware!

Make sure you get your Tupperware catalog! 40% of all sales go to the OK Event Fund. Order forms and cheques should be handed in to Sensei. **All cheques must be made payable to the OK Event Fund. Sale ends Oct. 15.**

### Kamakura Information

Zeniarai Benten Shrine is a popular shrine in western Kamakura, where people flock in order to wash their money (zeniarai means "coin washing"). It is said that money washed in the shrine's spring, will double.

Minamoto Yoritomo, the founder of the Kamakura government, ordered the shrine's construction after a god appeared in his dream and recommended him to build the shrine in order to bring peace to the country. Because the dream occurred on the day of the snake, in the month of the snake of the year of the snake, the shrine was later also dedicated to Benten, a Buddhist goddess associated with snakes.



## PYJAMA PARTY!!!

*submitted by Senpai Jonathan Gladstone*

Any Okami Kai member from white belt on up can join the Okami Kai Demo Team and wear a Demo Team crest on your gi! To earn this privilege you must participate in at least one Okami Kai demonstration and earn at least seven demo team credits by participating in practices (one credit each) and demos (three credits each). Practices are the third Friday evening of every month from 7:00 to 8:30PM - upcoming dates are Oct. 20, Nov. 17 and Dec. 15, 2006. Demos include all the stuff you already know - basics, kumite, kata etc. Come out and have some fun!"



## Aikido Classes Wednesdays and Saturdays Talk To Sensei For More Information

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Gloves

Personal Items

Safety gear (pads, etc.)

Okami Kai T-shirt

**Yup! Time to get an Okami Kai Sports Bag!**

**Only \$35 each tax included.**

