
THE OKAMI KAI HOWLER



Volume 9, Issue 1

September 2007

Welcome Back!

To some of you it means welcome back from a long summer away from the dojo. Class sizes have just started to increase and people are slowly getting back into the swing of things. For others, it means welcome back to routine. Even though you may not have taken any time off from your training, it is time to get even more serious than ever. More people means more intensity in class and a lot more action. Get to class often to improve your skills and become even more proficient.

Don't forget to stay on top of things at your dojo either. Many people did not pick up newsletters during the summer or did not check into okamikai.com. This was painfully obvious when people seemed out of the loop on knowledge of events and class changes. We can only do so much to communicate. There has to be someone on the other end who is willing to find out what is going on too.

HBK Judo

Shihan Walker has started teaching traditional Judo classes out of his school located at 15258 Simcoe St.N in Port Perry. The official start up date is **Sept 10 and will be Mondays 7pm and Wednesdays 8pm**. There will be a seminar on **Sunday September 16th at 1pm**. There will be an intro for newcomers then a break so people can ask questions sign up etc. Then on to an in depth seminar for those who have some experience like our karate students. Those who are guests are free and those who are coming to upgrade their skills will be charged \$15. We strongly recommend this program to all of our serious martial arts students to aid with their grading requirements.

Brown and Black Belt Classes Return!

Campsall Sensei has decided to resume brown and black belt classes at the Okamikan on the first Monday of each month. These will start again on **Mon. Oct.1 at 8pm**. There is no extra charge for this class and it is for all of our senior students. Sensei has felt the need for a class like this, but it is totally up to the students how long it lasts. If less than half of the brown and black belts show up, these special exclusive classes will be cancelled.

HBK has also invited our students to attend their classes held on the last Monday of each month starting **Sept.24 at 8pm**. All students should be on the floor in Port Perry ready to warm up 10 minutes before the class

Wolf Pack Report

All scores have been reset to zero as of Aug.1. It's every Wolf Pack for themselves again! Attendance points for August have yet to be added. Make sure you sign in and also come to class often as possible as Sensei is planning on giving away more bonus points to help encourage a good competition this year. Try not to lose any points by forgetting equipment for class.

Green Pack Congratulations to KC Lenardich for becoming the first white belt in Okami Kai history to ever become an Ichiban title holder! **Welcome Cody Busby!**

140 points

Red Pack

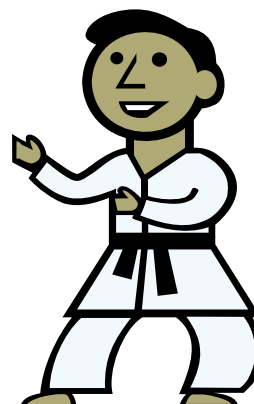
45 points

Blue Pack

35 points

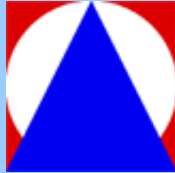
Yellow Pack

22 points



On Guard CDT Returns!

There is still time to register for the On Guard Control and Defense Tactics course on the weekend of Sept.15-16.



This is an intensive 12-16 hour course 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.

The credentials of Kyoshi Blok, as well as a full list of clients who have benefited or are benefiting from this course are listed on the official website at

www.onguardtactics.com

Price is \$375 per person or \$325 per person for CAFI members (Aikido students). Any adult can register. Payment can be made by cash or cheques payable to Okami Kai. Post dated cheques for the weekend of the course are accepted.

You can also register with your credit card online by visiting this webpage...

http://www.active.com/event_detail.cfm?event_id=1456096

Okami Kai Sparring Club

Okami Kai is bringing back sparring sessions for brown belts and higher on the last Friday night of each month starting on **Sept.28 at 7:30pm.**

Sensei Kathryn Jennings, a Nidan (2nd Degree Black Belt) from Northern Karate in Toronto will be teaching classes designed to be safe, yet challenging whereby timidity and fear is meant to be challenged in a meaningful and tolerable way. These sessions are also, for those who wish to explore the idea of slightly more contact and a more active type of sparring than what is currently offered in regular classes.

All male students must wear supports. Headgear and gloves for all students is also mandatory. Extra equipment is advised and can be purchased through the dojo office. This must be done before attending your first class so it is recommended that any orders be placed the week prior to the session that you wish to attend.

There is a charge of \$5 per class, but no advance registration is necessary. Any student wishing to attend can pay on the night of their class.

Fall Karate Kyu Belt Grading

Our next grading for all kyu belts in Karate will take place at the Okamikan on **Sat. Sept.29.**

All orange belts or higher wishing to grade must submit a Request to Grade form into our office no later than Sept.18. Any white or yellow belt who is ready to test will be given a letter from Sensei informing them that they are on the grading list. All grading fees must be submitted by Sept.25. Anyone who does not have their fee in by that time will not be allowed to test. Anyone who owes money for tuition or merchandise must also pay this amount by the Sept.25 deadline in order to be tested.

We strongly recommend that all students attend classes at least twice a week in order to prepare for their test whether they are grading in September or at future gradings. Private classes with Campsall Sensei are also available and will be booked on a first come, first serve basis.

Mark Your Calendar!

For more information visit www.okamikai.com/!

Sept. 15-16 – On Guard CDT (No Weapons or Aikido)

Sun. Sept.10 – Judo Program Starts at HBK

Sun. Sept.16 – Judo Seminar at HBK

Wed.Sept.19 – Township Registration Night (Uxbridge Arena)

Mon.Sept.24 – HBK Brown and Black Belt Class

Fri. Sept.28 – Okami Kai Sparring Club

Sept. 29 – Karate Kyu Belt Grading (No Classes)

Mon. Oct.1 –Okami Kai Brown and Black Belt Class

Oct.6-7 – Thanksgiving Weekend – (No Classes)

Save Money On Your Renewal

Fall is the busiest season for new registrations at Okami Kai. Because of this, it is also the time for most people to renew their memberships. Don't forget that you can save \$50 off your renewal for every new member outside of your family that signs up for a year. It pays to talk up your school!



In three words I can sum up everything I've learned about life: it goes on.

Robert Frost