

THE OKAMI KAI HOWLER



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HST is Coming

As of July 1, 2010, the government will be collecting 13% tax on our tuition and memberships. This is a big difference from the 5% GST we have normally been collecting. As of now, we are factoring this into our renewals. Anyone who is currently renewing and paying monthly payments will see the HST factored in for the number of payments made after July 1. If you want to save on this extra tax, the best way to do so would be to pay the entire total for the year if you can. We will then back out the tax and only charge you 5% GST. Another way would be to pay off your portion of the year without the HST and then when July 1 comes you can pay off the last portion with the HST. Got any other ideas? We're listening and are not any happier about this than you are.

Our Referral Program is Paying Off Again.

Kevin Walton and Jessica and Regan Hughes made some money this past month by encouraging some people to check out Okami Kai.

Remember, you get \$5 for anyone outside of your family who purchases a start up package. You will also get \$25 if they then sign up for 6 months or \$50 if they sign up for a year.

Early Morning Classes Are Returning

Having a tough time getting your training in at night? Early morning Karate classes are returning after a 7 year long absence. You soon will be able to come in at 6:10am! This will be an hour long class on a weekday that has not yet been determined by the time of printing this newsletter. Keep checking in for details.

Break Fall 2009!

Okami Kai is pleased to announce it will be hosting our second Break Fall event scheduled for **Nov.7-8**

No martial artist 13 or older will want to miss this fantastic event featuring great instructors all doing what they do best!

Our current roster includes...

Kyoshi Kevin Blok (8th Dan Aikido)
Shihan Dai Patricia Blok (5th Dan Aikido)
Renshi Ted Theelen (5th Dan Karate)
Renshi Scott Campsall (4th Dan Karate)
Sensei James Gibson (3rd Dan Karate)
Sensei Justin Martin (2nd Dan Aikido)

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 the Sunday. The separate cost for this is \$40 per person.

Space is limited and we've already started taking reservations. Don't get shut out. REGISTER NOW!

Mark Your Calendar!

For more information visit www.okamikai.com!

Sept.5-7 – Labour Day Weekend (**No Classes**)

Mon. Sept.7 – **Happy Anniversary Okami Kai!**

Wed. Sept.9 – Registration Fair
- Wednesday 5:30 Classes Return!

Sat. Sept.12 – Tonfa classes start

Fri. Sept.18 – Brown and Black Belt Class

Fri. Sept.25 – Karate Kyu Belt Grading

Nov.7-8 – Break Fall 2009

Wolf Pack Report

Yellow Pack Welcome Brianna, Devin, and Shawn Roshar! Jessica Hughes got 100 points for bringing Brianna in and Regan Hughes got 200 points for bringing in Devin and Shawn.

567 points

Red Pack

225 points

Blue Pack Welcome Ethan Larcombe. Kevin Walton got 100 points for bringing you in.

203 points

Green Pack Congratulations to Angelica Koch for being chosen as Ichiban for this month!

169 points



Strive For Excellence In All That You Do

Black belt excellence is built on the premise that anything less than a commitment to excellence is an acceptance of mediocrity. Does that mean that you have to be a perfectionist? Well, no. It does, however, mean that you should present your best effort each and every time you take on a task.

Great achievement in life only comes when you make the decision to become outstanding in whatever you do. One of the most important attitudes of the black belt, however, is to focus on what works. Striving to be a perfectionist is actually counterproductive and creates undue stress.

A fact that is missed by many folks is that at least 95 percent of everything they do every day works. On many days, 100 percent of what they do works. That's life. Spending too much time on any one project in an effort to get it 100 percent perfect is unnecessary.

Being too hard on yourself for not getting something perfect the first time is detrimental to your self-esteem, and results in you missing the satisfaction of the many successes that you have had.

Maintaining a positive attitude, allows you to enjoy the successes that you have everyday. As long as you have given your best effort on a project, you can be satisfied in a job well done. You can always come back and make adjustments in the areas that didn't work as well, so you'll achieve 100 percent success the next time you do that particular task. Though he only has three fingers on one hand, three toes on one foot, and an amputated leg, motivational speaker, Roger Crawford, became a star tennis player in high school and college. His attitude propels him towards success for whatever challenge he takes on. He says, "You miss 100 percent of all the shots that you don't take." Hmmm, now there's food for thought.

As you know, even the greatest martial artists in the world never score 100 percent of the techniques that they throw. Yet, they still keep throwing them, even if they know that they can't be perfect. So, the question is are you missing some shots in life simply because you're afraid that you are not going to do them perfectly? Crawford tells his audiences, "I don't know if a positive attitude works every time, but I know that a negative attitude work every time." He should know. He's living proof that a positive attitude overcomes adversity in even the most difficult of situations.

A positive attitude is most effective when it is applied in a consistent manner. It needs to become a habit and, as with any other skill, it takes practice. We all inherently know what we must do to succeed. What sets a person with a black belt attitude apart is actually doing what you know you must do to succeed.