

# THE OKAMI KAI HOWLER



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## Wisdom is Supreme

By Renshi Campsall

“Wisdom is supreme; therefore get wisdom. Though it cost you all you have, get understanding.” – Proverbs 4:7

*I sat in a crowded high school gymnasium one night for some reason I can't remember. I do know it involved listening to some musical performances and a friend of mine did an incredible drum solo. I was stunned. This was the same guy who had no idea how to play the drums until he started learning them in grade 7. Now, here he was amazing a cheering crowd of parents and teens.*

*What I learned that night was that if you want to be good at something, you just need to go find a good teacher and even more importantly, have the discipline to take the time to learn the skill in question.*

*The depressing feeling that comes from this reflection is that I had chances to learn a lot of the things I wish I knew now. Unfortunately, I was too short sighted to push myself to get educated. I hated piano lessons and even though I know a little about reading music, I am nowhere near where I could have been had I stuck with it. I hated French class, but if I had put more effort into my studies, I would most likely be able to enjoy some good quality conversations with some of my close French speaking friends.*

*I took Karate when I was 7 in Toronto. Once we moved back to Uxbridge, nobody at that time would take me until I was 12. I think if I had pushed my Dad though, he would have found a school somewhere. I could have at least started training when I had reached required age instead of letting it pass me by. I can only imagine what a difference that much time would have meant to my martial arts ability now.*

*This month, my “Carpe Diem” project is to get wisdom because the truth is, all these things as well as many other skills and talents I would like to learn are all up to me to obtain. Giving up or wasting time will never supply them. I'm not too old yet. There's always time to learn something new. I don't want to be looking back five years from now wondering how good I would have been at something if I started it when I typed this!*

*Hmmm, I wonder how many of our students that read these newsletters will learn from my own mistake and gain wisdom too.*

## Tactical Handcuffing Course

Renshi Campsall will be teaching a course on the use, control and care of handcuffs for the security professional or the interested civilian on **Sun. July 24 from 1-5pm.**

This is an in-depth course of study of handcuff use, including a general theory of defence and control, legal and appropriate use of force, handcuff types, nomenclature, reactionary gap, stances, grips and methods of carry, basic patterns of movement, setting up control, pinning and disarming techniques, locks, holds and come-alongs, tactical and speed handcuffing, transport control, handcuff retention, care and maintenance of the handcuffs and more. A graduate certification diploma is provided after the successful completion of the course.

Prices start at \$125 per person and includes a pair of handcuffs that can be used during the course.



## Mark Your Calendar!

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

**Sat. July 2** – Canada Day Weekend (**No Classes**)

**Sat. July 16** – Gorgon's Golf Tournament

**July 18-22** – Karate Day Camp (**No AM Classes**)

**Sun. July 24** – Tactical Handcuffing Course

**Aug.5-6** – Summer Synergy

**Sept.6** – Regular Class Schedule Resumes

**Oct.15** – Break Fall

## Wolf Pack Report

This is the last month for this year's Wolf Pack competition. Get your report cards in and make sure you get to class often! Every point counts!

**Yellow Pack** Congratulations to Jessica Hughes who was chosen as Ichiban this month! Jessica participated in the MS Walk in April. She has been on numerous Demonstration Teams including the one that went to Kingston Kicks where she won a gold medal in kata during the tournament there!

4340 points

**Blue Pack**

3314 points

**Red Pack**

2157 points

**Green Pack** Welcome Ryan Zeltner!

2020 points

## Summer Synergy

The Chudokai Aikido dojo will be hosting their annual Summer Synergy event on Aug.5-6. The evening of Aug. 5 features a class taught by Shihan Roger Jarrett and another taught by Kyoshi Kevin Blok. During the Saturday, other instructors will teach in a format much like our own Break Fall event (30 minute classes with 5 minute breaks). A dinner at a local Chinese restaurant and a party at the Blok's home after training are also a highlight for the evening. You can visit the Chudokai website for more information [www.chudokai.com](http://www.chudokai.com)

## Learn to Wax on, Wax off thanks to the Resource Centre!

The original Karate Kid movie has been added to the resource centre located in the storeroom. Feel free to sign it out and borrow it for as long as you like!

## Get Ready To Grade!

Our next kyu (colour) belt grading will take place on **Fri. Sept.23 at 6:30pm**. Anyone wishing to grade should start preparing now by coming to class often. This includes weapons classes for those students who have a weapons requirement to obtain their next level.

Orange and higher belts can submit a Request to Grade form now if they wish to do so.

Get all the up to date information! See valuable links that will enhance your martial arts studies. Link up with other fellow martial artists!

“Like” the  
Okami Kai Karate and Aikido  
fanpage on facebook!



## Karate Day Camp Reminders

**Don't forget there will be no Weekday classes during our sold out Day Camp running July 18-22 from 9:30am-3pm.**

All students will be doing Karate in the morning with some training being done outside (make sure to bring sunscreen, water, and running shoes). Our (tentative) afternoon activity schedule for the week is as follows...

**Monday – Swimming** – Students should bring a swimsuit and towel. Pick up will be at Uxpool.

**Tuesday – Elephant Thoughts Visit** – Get ready for some scientific fun!

**Wednesday – Movie Afternoon** – Of course there will be popcorn!

**Thursday – Zoo To You Visit** – Our animals get a visit from some other animals

**Friday – Swimming** – See what we wrote for Monday? That's what you need to know for this day too!

**Don't forget to bring a nut free lunch for each day of the camp and of course your dogi and sparring equipment!**