

THE OKAMI KAI HOWLER



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Living to Win

By Renshi Campsall

"Winning isn't everything, but the effort to win is."
- Zig Ziglar

As a martial art instructor, I have seen countless times when students just train to get through a class. They never really seem to give their all. The techniques and forms look like nothing more than leisurely dance steps.

The students that push themselves however, and put a purpose into their training seem to always do better in the long run. Their moves are stronger. Their stances are lower. Their use of energy is more efficient. In the end, they are better. They have found all the motivation they needed and they didn't compete against someone else. They weren't really worried about survival either even though their movements are based on the idea of self defence. They wanted to win against themselves and this was all they really needed in order to improve. They wanted to gain more flexibility and strength and even though their bodies and minds wanted to give up, their spirit never did.

So, I know. This is all well and good and some great advice from the martial arts teacher. Sure, "train harder". You hear that from me and I'm sure you'll hear it from other teachers too. For those who have been reading my little articles since January of this year, you know I have a resolution to "seize the day" though. How does this knowledge affect a person off of the floor during those parts of the day when you're not training?

Well, ask yourself this. How good could you be in other areas if you thought like you had something to lose? How amazing could your food taste if you prepared it like you were trying to win a competition? How beautiful would your home look if you were being judged against another person's? Remember, I'm not worried about what someone else thinks. I'm not comparing myself to another person's standards. I'm thinking of my own. Are you trying your best as far as you are concerned?

Don't just go through the motions to get through your day. Push yourself in order to win it!

Signed Up For Day Camp Yet?

At the printing of this newsletter, our Karate Day Camp running **July 18-22 from 9:30am until 3pm** only had three spots left!

Participants will learn Karate in the morning and then do a different activity in the afternoon. Swimming, visits from "Zoo to You" and "Elephant Thoughts", and a movie afternoon, are already being planned.



Click on the "Upcoming Events" link on our homepage and you can use your credit card to register online. You can also register through our office.

Price is \$190 per person for current Okami Kai members. Non-members are \$225 per person. Both prices include HST. All participants are asked to bring a bag lunch and comfortable clothing for each day of the camp

Wolf Pack Report

Yellow Pack **3940 points**

Blue Pack **3114 points**

Red Pack Congratulations to Jacob Campsall who was chosen as Ichiban this month! Jacob attended 16 classes in May and participated in the MS Walk in April. He has been on numerous Demonstration Teams including the one going to Kingston Kicks!

1957 points

Green Pack Welcome Jake Croft!

1920 points

HEY KIDS! GET DAD TO TRY A START UP PACKAGE THIS MONTH AND YOUR PACK WILL GET 1000 POINTS!!!

DON'T FORGET THAT THEY GET THE DISCOUNT PRICE OF \$40 TAX INCLUDED FOR A PRIVATE CLASS, UNIFORM AND TWO WEEK TRIAL!

IT COULD BE A GREAT GIFT FOR FATHER'S DAY!

Summer Breaks

By Sensei Jonathan Gladstone

We all have life events that interfere with our formal training; anything from sickness or financial stress to happier situations like vacations and family events can keep us from the dojo. For many families, summer vacations are among these times. Have no fear! You can always train at home, at the cottage, resort, or even when time or place or body won't permit, in your head or on your computer screen. If you're away from the dojo, keep up the good work! It's good for body and mind and of course, it helps keep you on track for your next grading.

Meanwhile, for those of us who can be around, summer is a great time to train! If there are fewer people at classes, we get more time with our instructors. I don't know about anyone else, but that sure works for me!

Sometimes we want to make some special arrangement concerning our annual or semi-annual formal training contract with the dojo. Maybe we feel like we can't keep up the payments, or we're going to be away for a long time. Sometimes we have no choice. Personally, I just keep up my payments – if I'm attending fewer times in March (as I did because I was away for over two weeks), I know I'll come in more often in February and April. And the investment frankly helps to keep me focused. But if you (or your child) is going to be away for an extended period of time, you can always talk to Campsall Renshi about it. You (or your parent) signed a binding contract, but as Renshi says, it's written on paper, not stone.

I'm looking forward to training with you all over the summer. Keep on kicking!

Join Us For Our Picnic!

Everyone is invited to join us for our Okami Kai Picnic which will take place at Bonner Fields (the park next to the dojo) on **Sat. June 25**. This will be a potluck luncheon featuring an outside Karate kyu belt grading starting at 9:30am (there will be no regular classes). Don't forget to bring your lawn chairs, whatever else you can think of to help enjoy the day, and of course something to contribute to the lunch.

You won't want to miss this fun event for family and friends!



Summer Schedule Changes

Over the past few years we have noticed a drop in attendance over the summer. We are predicting that this will be the case again for this year and therefore are making a few adjustments to the regular schedule **starting June 27 and continuing until Sept.6**. Please note the following changes...



- The Monday 4:30pm Youth class will be cancelled.
- The Wednesday 5:30pm Youth class will be cancelled.
- The Thursday 5:30pm Youth class will be cancelled. Instead, the 6:30pm Adult class will be an all ages class.

There will be no morning classes during our Day Camp Week of July 18-22. All of our Youth should remember that they can still attend the 10:30am Karate classes on Mondays and Thursdays and the 11:15 Weapon class on Thursdays any other weeks during the summer though.

Start A Series This Summer!

We have just added Chris Bradford's "The Way of the Warrior" to our library. This joins the other four books in the series. "Check it out today!"

Gorgons Golf Tournament

For the past three years Okami Kai has entered a group into the Gorgons Golf Tournament. This event happening **July 16 at Foxbridge Golf Course** fills up very fast. Please contact Campsall Renshi as soon as possible if you are interested in joining us. The price is \$125 to enter and includes 18 holes, a power cart, and a dinner following your game. Foursomes will be entered on a first come, first served basis so don't wait to commit!

Mark Your Calendar!

For more information visit www.okamikai.com!

- June 11-12 – Kingston Kicks
- Fri. June 17, 7:30pm – Brown and Black Belt Class
- Sat. June 25 – Okami Kai Picnic **(No Classes)**
- Mon. June 27 – Summer Schedule Starts
- Sat. July 2 – Canada Day Weekend **(No Classes)**
- Sat. July 16 – Gorgon's Golf Tournament
- July 18-22 – Karate Day Camp **(No AM Classes)**