

THE OKAMI KAI HOWLER



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“Your Focus Needs More Focus.”

By Renshi Campsall

Before I started teaching martial arts, I used to cut lawns for a landscaping company. It was surprising how well we could make a place look by taking our time and doing a thorough job. Yet, there were some people who wanted us on their property and then off as fast as possible. At first glance, you'd think their lawns looked just as immaculate as the people who wanted us to be a little pickier. Everything was cut and trimmed and looked well groomed. If you looked a little closer though, you could notice things that separated the focused jobs from the rushed ones. Little areas weren't completely cut with the trimmer. We might have missed a spot on a fence line or under a tree. You could also see that the blades of our tractors or lawnmowers didn't have enough of a chance to cut everything evenly so there would be the odd blade of grass that would stick up once we were done. We were going too fast and so some stuff got missed.

I think this happens a lot in daily life. Oh sure, we're living day to day. Our families might be happy. We may be content with our work at school or in our jobs, but how much more satisfied could we be if we took some time and got a little more focused on the moment.

How much better could you give or receive a greeting, a handshake, maybe even a hug? What would your food taste like if you enjoyed each bite instead of inhaling your meal? Speaking of inhaling, have you ever taken in a breath of fresh air that seemed to awaken every sense you had? Ever really enjoy it?

I just received my Godan (fifth degree) black belt at Northern Karate's Graduation ceremony last month. 30 other students going for fourth degree and higher were put through a warm up and then various drills. The energy level was intense. Not just because we wanted our higher ranks, but because we were making the moment matter. Every attention to detail was emphasized. Our stances were lower. Our punches and kicks were more powerful. Over all, we took our abilities to a higher level because we cared about what we were doing.

Don't just "Seize the Day". Focus on it!

Break Fall 2011!

We're bringing it back Oct.15!

Get ready for our annual get together of amazing martial artists!

As we did last year, we have reserved a small space for children ages 6 and up so they can take their own classes while the adults enjoy theirs!

Price is \$95 per person

For more information "HIT" www.okamikai.com

Space is limited. REGISTER NOW!

Our Referral Program Pays Off Again!

Thank you to John Rodych (Reece and Senpai Rileigh's Dad). He told two people about us and last month they signed up for a year membership. We're giving him \$200 to help show our appreciation! It pays to talk about us so spread the word! The next cheque we write could be for you.

Mark Your Calendar!

For more information visit www.okamikai.com!

Oct.8-10 – Thanksgiving Weekend (**No Classes**)

Oct.15 – Break Fall (**No Regular Classes**)

Fri. Oct.21, 7:30pm – Brown and Black Belt Class

Mon. Oct.31 – Halloween (**No 5:30pm class**)

Nov.5 – Capital Conquest

Sun. Nov.13 – Tactical Handcuffing Course

Mon. Dec.5 – Knock Out Hunger Night

Dec.10, 9:30am – Karate Kyu Belt Grading (**No Karate or Weapons classes**)

Dec.10, 7pm – Christmas Party

Wolf Pack Report

Make sure you sign in for each class you attend. Every point counts!!!

Green Pack

229 points

Blue Pack Congratulations to Zachary Gibb who was chosen as Ichiban this month!

204 points

Yellow Pack

167 points

Red Pack

125 points

The Creation of Belts and Rankings

The following submission was taken from the Ryukyu No Kaze facebook page. Hanshi Cezar Borkowski created the page and it is filled with a wealth of information about Okinawa and Okinawan martial arts.

The founder of Judo and Olympic movement stalwart Kano Jigoro invented the modern day system of Kyu and Dan rankings. It gave a chance to everyone, regardless of social or class standing to gain recognition in this vastly popular martial sport. Soon other Budo systems followed Kano's ideal.

In photo... Otsuka Hiranori receives his black belt certificate from Funakoshi Gichin circa 1924. Otsuka sensei is among the first ever to receive a karate black belt certificate from a teacher of Okinawan karate on the mainland.



Tactical Handcuffing Course

Kyoshi Kevin Blok will be teaching a course on the use, control and care of handcuffs for the security professional or the interested civilian on **Sun. Nov.13 at 10am.**



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.

Price is \$95 for the user course, but we will also be offering instructor certification in handcuffing for \$175. Please contact Renshi Campsall for more information and/or to register.

Please note that handcuffs will be needed for this course. They can be purchased through our office providing they are ordered at least two weeks prior to the course date.

Halloween Guest Passes

Look for our Halloween Guest Passes that you can give to Trick or Treaters who arrive on your doorstep. Each pass will provide the bearer with a **FREE** Start Up Package which includes a uniform, private introductory class, and a two week trial membership. This package is regularly valued at \$99.00 plus tax!

Wolf Pack members who write their Pack colour on the back of their certificates will earn 100 points for every coupon that is submitted to our office.

Happy Halloween