

THE OKAMI KAI HOWLER



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Love The One Your With

By Renshi Campsall

"The most important things are the hardest to say, because words diminish them." -Stephen King

The blank face I got from my son, Jacob, said it clearly. He didn't get it. Why was his Dad so insistent that he pay attention as he was told this one very important fact? I had told him this thing repeatedly yet for some reason, this time was different and now it was over the kid's head. Not a complicated piece of information (as far as Jacob knew), but at the same time the young boy just didn't grasp it.

I have tried to convey to Jacob how important this subject was. I have constantly told him with the hopes that there would be some kind of value treasured each individual time. I suppose I'm to blame as there were times I've mentioned this detail as if it were a passing thought. Then, when I really needed him to know it and realize the opinion I was trying to convey, he just didn't understand!

I'll admit, I don't really know what got into me at this particular instance either. All I know is that I looked at my kid and just had to tell him that I loved him. I mean I REALLY LOVED HIM! All he could do was take a look at me with some kind of goofy face and reply "I love you too Dad." Like I was an idiot trying to get him to understand that something was different this time. I was REALLY feeling the moment right now. I was proud of my child who has accomplished so much in his almost eight years of breathing. Yet, even though I wanted him to know how I felt, all I was getting at this moment was the sensation that I had lost my grip on reality and I needed to get it back. At least before I left the house and went into public again anyway!

The truth is, I have been looking at loads of ways to "Seize the day" since January and one big item that should have been on the list right from the beginning has evaded me until my now ninth month of this New Year's resolution. We must tell the people that mean the most to us how much we love them. I don't believe that we need someone else to help us get the most from every minute, but I definitely think that one can enjoy these minutes more if they have the energy of love to help them truly appreciate it. This doesn't have to be from a spouse or partner. It can be from a child, a relative, a teacher, or a friend. Seize the day! Seize the moment of enjoying that time when you feel an emotion of admiration that you just have to say "I love you".

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

Space is limited. REGISTER NOW! Anyone who registers before Sept.19 will receive a FREE souvenir Break Fall Shirt!

T-Shirt Days Are Done

Unfortunately, all good things come to an end and as the weather gets chillier, we've decided to end our Dress Down Days. Please remember to wear your full traditional dogi when coming to class on Saturdays until further notice. A special thank you goes out to everyone who helped make this fundraiser for the MS Society and the Gorgons so successful.

Mark Your Calendar!

For more information visit www.okamikai.com!

Sept.3-5 – No Classes (Labour Day Weekend)

Sept.6 – Regular Class Schedule Resumes

Sept.7 – Happy 13th Anniversary Okami Kai

Sat. Sept.10 – T-shirt Days are over

Wed. Sept.14 – Registration Fair

Fri. Sept.16, 7:30pm – Brown and Black Belt Class

Sun. Sept.18,10:30am – Baton Course

Fri. Sept.23 – Karate Kyu Belt Grading

Sept.24-25 – Okinawan Masters Weekend

Oct.15 – Break Fall

Nov.5 – Capital Conquest

Wolf Pack Report

Green Pack Congratulations to Joshua Takeda who was chosen as Ichiban this month! This first time Ichiban title holder showed up for 10 classes last month and is also on the Demonstration Team for the Uxbridge Registration Fair on Sept. 14!

165 points

Red Pack *74 points*

Yellow Pack *51 points*

Blue Pack *44 points*

**Hey! You're on facebook?
So are we!!!
Look for our
Okami Kai Karate and Aikido
fanpage!**

Baton Course

Kyoshi Kevin Blok will be teaching a baton course on **Sunday Sept.18** for anyone 16 years of age or older. It will include instruction on the study of expandable batons, appropriate use of force, stances, grips, basic patterns of movement, blocks, locks, takedowns, come-alongs, and baton retention. A course certificate will be issued after completion.

The 4 hour baton user course is \$95.00 per person plus HST. There will also be instructor certification course for \$165.00 plus HST and is about 8 hours. Both users and instructors will be taught in the same day, with the first 4 hours the same for both groups. After the first 4 hours, the users will be done and instructors only will stay.

Everyone needs their own baton. We can supply batons at an extra cost providing they are ordered at least two weeks prior to the course (Sept.4).

Prices are as follows...

\$50.00 for the Schrade (\$60.00 if you are not in the course and just want a baton)

\$120.00 for the ASP baton if you are in the course (\$140.00 if you are not).

No martial art experience is necessary for you to participate in this course.

Welcome Our New Aikido Director – Shihan Dai Graham Stewart!

Stewart Shihan Dai has been studying Aikido since 1999. He started training under Fred Haynes Shihan (7th Dan) and Jim Stewart Shihan (7th Dan) at the Yoshinkan Aikido Seidokan Dojo in Georgetown, ON. He also started training at Brampton Aikikai under Richard McNeillie Sensei (5th Dan). Unable to fulfill the desire for more training, Shihan Dai decided to go to Japan.

For his first 3 years in Japan, Shihan Dai studied various Martial Arts including Aikido, Kendo, Iaido, Jodo, and Aikijujutsu. He also participated in the International Yoshinkan Aikido Federation's International Instructors Course (The Senshusei Program) at the Aikido Yoshinkan Honbu (Head) Dojo, which is a gruelling one year full-time course - 8 hours a day - 5 days a week - training alongside the Tokyo Metro Riot Police.

Upon completing the Senshusei Course, Shihan Dai was accepted as a Sewanin (assistant to the course). After the year of Sewanin, Shihan Dai became one of the International Instructors at Honbu Dojo.

In the summer of 2007, Shihan Dai was asked to become the first Uchi-Deshi (live-in student) for Kancho Shioda, the head of the IYAF. Stewart Shihan Dai lived, worked, taught and trained at the Head Dojo in Ochiai until it was moved to the new Takadanobaba location in 2009 where he then taught as a Honbu Shihan-Dai.

After 10 years in Japan, Stewart Shihan Dai has returned to the Durham Region area to spread the teachings of Aikido. We are happy for the privilege of having him here at the Okamikan to share his knowledge and abilities with our students!

