

# THE OKAMI KAI HOWLER



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## **Bad Days With Pants On**

By Shihan Scott Campsall

*Yes, we have bad days too.*

*My mother used to talk about celebrities having to put their pants on one leg at a time just like everyone else. She would say it when someone was getting what she thought was too much attention or maybe what she thought was too high a salary. A lot of pro athletes come to mind.*

*I must confess that I never think too much about people putting their pants on, but I also do not usually think of how people cope with life's pressures until something reminds me that they are in fact like everyone else. As I type this, Robin Williams comes to mind. Williams was diagnosed with Lewy Body Disease which his widow and medical experts agree was the influencing factor as to why he committed suicide. While he was alive, he was in fact full of life. Perhaps this is why he is so well remembered and why his sense of humour and creativity was so much appreciated by the world.*

*While Robin Williams was putting his pants on, he most likely experienced bad days where he was not feeling like the comedic genius that many believed he was. During this past year I have heard many stories of anxiety and depression taking its toll on so many that I assumed had it 'all together'. Just because someone looks happy, it doesn't mean they are not having a bad day.*

*Okami Kai was founded on the idea of student creed number three. I wanted to create a group that would 'always strive to bring out the best in themselves and in others'. This month, I would like to encourage everyone to look for ways to check in on our fellow students. Make sure that they know their friends, the Okami Kai Army is there, and they have bad days too.*

*Sometimes some emotional support and understanding is all we need to have better days.*

**Train hard! The next kyu belt  
testing date is  
Sat. April 24.**

## **Wolf Pack Report**

**Green Pack** Congratulations to Amelia Clark who was chosen as Ichiban this month! Amelia attended 14 classes last month and has been helping in classes by leading some amazing warm ups!

**3075 points**

**Yellow Pack** Welcome Austin Hawkins! Tyson Hamilton got 100 points for encouraging you to start Karate!

**2543 points**

**Blue Pack** Welcome Cassidy Woolford! Your brother Vincent got 100 points for encouraging you to start Karate!

**1933 points**

**Red Pack** Welcome Nathan Armour! Your brother Zachary got 100 points for encouraging you to start Karate! Welcome also to Callum and Sheamus Jackson, Ella Blackburn, Jude Ott, Hudson Leigh, Leonard Jeziak, Sullivan Hogarth, and Connor Hall!

**1004 points**

Congratulations to **Amy Ellis!**  
She won Okami Kai's Social Media Contest and will be getting a



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## Lockdown Class Schedule

Okami Kai is pleased to offer the below schedule of online classes. All students should use their name (not a parent) and their belt level for martial art classes when signing in. Late arrivals will not be allowed to participate so we encourage all students sign in at least 5 minutes prior to their class time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am-10:15am Yoga	9:15am-10:15am Perpetual Motion	9:15am-10:15am HIIT	9:15am-10:15am 20/20/20	9:15am-10:15am Muscle Mix	9:30am-10am Lil' Dragons
	10:30am-11:30am Stretch & Mobility		10:30am-11:15am Youth/Adult Karate		10:15am-11am Youth/Adult Karate
					Bojutsu 11:15am-12pm
4:15pm-4:45 Lil' Dragons			4:15pm-4:45 Lil' Dragons		12:15pm-1pm Aikido
5pm-5:45pm White to Yellow Adv. <b>Youth/Adult</b>	5pm-5:45pm White to Yellow Adv. Youth	5pm-5:45pm White to Yellow Adv. Youth	5pm-5:45pm White to Yellow Adv. Youth		
6pm-6:45pm Orange to Blue Adv. <b>Youth/Adult</b>	6pm-6:45pm Orange to Blue Adv. Youth	6pm-6:45pm Orange to Blue Adv. Youth	6pm-6:45pm Orange to Blue Adv. Youth		
7pm-7:45pm Brown & Black <b>Youth/Adult</b>	7pm-7:45pm Weapons TBA	7pm-7:45pm Brown & Black <b>Youth/Adult</b>	7pm-7:45pm Brown & Black <b>Youth/Adult</b>		
	8pm-8:45pm Adult Karate All levels	8pm-8:45pm Adult Karate All levels	8pm-8:45pm Adult Karate All levels		



**Okami Kai Martial Arts and Fitness**  
(905) 852-1521  
[www.okamikai.com](http://www.okamikai.com)

Private classes  
arranged by  
appointment.