

THE OKAMI KAI HOWLER



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No Day is Normal

By Shihan Scott Campsall

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

— Epicurus

Imagine you're waking up. It's a day like any other. You are feeling groggy, but still refreshed from a good night's sleep. Sure, there are problems in your life and the world isn't perfect, but it's a normal day. You have a family. You have a roof over your head. You have food. You might even have pets. Now imagine that a missile hits the building next door. Time to pack up and leave for your safety...if you're a female or a child. If you're a man, you're staying to fight because you have now been drafted to protect your country.

It doesn't matter what your political beliefs are about the war in Ukraine. It is plain to see that people are being torn away from their homes and may not have a home to come back to when the war ends. Something I learned when I had to do chemotherapy and saw other patients in the oncology ward; someone always has it worse than you.

Spring has arrived, although the weather doesn't quite feel like it while I type this, and it brings a sense of renewal. Some signs of Spring are animals having babies, buds forming on trees, and other signs of rebirth.

Those who are active in fitness and martial arts are looking to make themselves better somehow. The ones who are starting are looking to change their lives from their present state. The ones who have been training for awhile are setting new goals and trying to aspire to new heights.

Whatever your goal this month, we're thankful that you have decided to achieve it with us. We are going to our best to help you reach your goal and maybe improve you in other ways along the path. While you're working, I would like to encourage you to do what I am trying to be more mindful of and be thankful. We have so many blessings including the fact that we can defend ourselves for fun and education instead of out of necessity. Let's not waste this gift.



The Return to ABnormal! **Sat. April 30**

10:15am – 11am: Shihan Brian Aylward

11:15am – 12pm: Sensei Joe Maadi

12:15pm – 1pm: Special “Volley” Class with Shihan Aylward, Sensei Maadi, and Shihan Campsall

FREE for all Youth/Adult Martial Art students.

All other classes except for Spin and Lil' Dragons will be cancelled.

Train hard!
The next kyu belt testing date is
Sat. May 7!

All regular classes except Spin and Lil Dragons will be canceled.

RTG forms must be in by April 23.

Wolf Pack Report

Remember to wear blank or club T-shirts if you're wearing a shirt under your dogi. The wrong shirt costs 10 points!
Remember your sparring gear for every class too!

Yellow Pack Congratulations to Tyson Hamilton who was chosen as Ichiban for this month! Tyson attended 16 classes last month and after returning to in person classes has been working very hard at Karate and BJJ!

Welcome Ryder Broadfield! Your brother Jason got 100 points for encouraging you to join! **Welcome also to Skylar Archer!** Your brother Jax got 100 points for encouraging you to join.

6501 points

Red Pack

5502 points

Blue Pack Welcome Mary Mignonne-Forbes!

4441 points

Green Pack Welcome Levi Campbell, Hendrix Lediard, Austin Casella, Finley Valdystyn, Declin Hooper, Weston Stefanovic Luke Forbes, Arthur Parkes, Thomas and Madeline Cumbers, Forest and Walker Anderson. Welcome also to JP Metauro! Mitchell and Miri earned 100 points for encouraging you to join! Welcome also to Haylee Northover who got 200 points for encouraging her Mom and Dad to do Karate too!

4303 points

Wednesday Weapons Classes

April 6	kama, eku, tonfa
April 13	eku, tonfa, nunchaku
April 20	tonfa, nunchaku, sai
April 27	nunchaku, sai, kama

All classes are at 7pm.
For Orange Belt and Higher Students
Talk to Shihan for details.



Ladies Only Friday Night Fight Fit!

Fri. April 22 at 7pm

For ages 13 and older

Free for Okami Kai Martial Art and Fitness members!

\$20 for non-members.

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Please remember that our activity requires focus and instructors need to be heard. We thank all spectators for keeping cellphones quiet and conversations inside the dojo to a minimum during classes.

