

# THE OKAMI KAI HOWLER



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## Empathy Over Opinion

By Shihan Scott Campsall

I often start these editorials with some inspirational quote that reinforces the thoughts I'm writing about. This month?

*"Opinion is the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world. It requires profound purpose larger than the self."*

If you look on the internet, there are several websites that attribute the quote to the Greek philosopher, Plato. There are only a few that deny he ever said it and instead cite Bill Bullard who was the Dean of Faculty at San Francisco High School.

In his commencement address, he quoted author George Eliot by saying the highest form of knowledge is empathy. He then juxtaposed it with his own realization that opinion is the lowest form of human knowledge. For some reason this quote has been incorrectly attributed to Plato.

It's easy to have an opinion. Today, it's easier than ever to broadcast your opinion to everybody. Because of the way social media works, it's the negative opinions that stand out. People love to complain or criticize and it's an easy way to attract attention.

The mission of Okami Kai is taken from our Karate students' third Student Creed promise. We want to *strive to bring out the best in ourselves and in others.*

How hard is it really to give a compliment, listen to another person about their day, or to spend some time making someone feel good with a small gesture or a gift?

Social media is inundated with negative. Maybe it's time to put out some positive. A tweet, a post on someone's timeline, or maybe even a private message telling someone how special they are could make all the difference in making a person's day brighter.

This month, you'll have many opportunities to have an opinion. But you'll also have a few opportunities to use empathy and to lift up someone else. My challenge to you is to look for those opportunities.

If we want a more positive world, it's our job to build it. Let's flex our empathy muscles and make someone else stronger.

# SUMMERY CAMP

**Our Karate Day Camp is back!  
Participants do Karate in the  
morning and then enjoy another fun  
activity in the afternoon!**

**July 17-21**

**Aug. 14-18**

**9:30am-3pm each day.**

**Only \$215 plus HST!**

**For children 7 and older.**

### Wednesday Weapons Classes

|          |                         |
|----------|-------------------------|
| April 5  | tonfa, eku,<br>nunchaku |
| April 12 | kama, tonfa, eku        |
| April 19 | tonfa, kama, sai        |
| April 26 | kama, sai,<br>nunchaku  |
| May 3    | eku, sai, nunchaku      |

All classes are at 7pm.

For Orange Belt and Higher Students  
Talk to Shihan for details.

## Did you know?

- There will be no classes on April 7, 8, or 9 due to it being Easter Weekend.
- We have added a NEW Adult BJJ class on Mondays at 8pm. This is for current members



### **Ladies Only Friday Night Fight Fit!**

**Fri. April 21 at 8pm**

**For ages 13 and older**

**Free for Okami Kai Martial Art and Fitness members!**

**\$20 for non-members.**

**Stay up to date on all of the latest Okami Kai news!**

**Download our mobile app!**

**Now available on Apple and Android devices!**



### **New T-shirts Are Coming!**



Proceeds from all April sales will be going to the Wounded Warriors Canada to support their efforts in helping Canada's veterans, first responders, and their families feel safe, supported, and understood.

**\$25 tax included.**

## Wolf Pack Report

**Red Pack Welcome Evelyn and Emmett Semple! Lexie Collins got 200 points for encouraging you to join.**

**8939 points**

**Blue Pack Congratulations to Henry Williams who was chosen as Ichiban for this month! Henry attended 16 classes last month and is working really hard in both BJJ and Karate!**

**6521 points**

**Yellow Pack Welcome Alice Mills! Your brother Henry got 100 points for encouraging you to join!**

**6218 points**

**Green Pack Welcome Colton Eracles, Emma Lynas, Samantha Fedrigo, Cole Ruppel, and Alicia, Maya, Liv, and Rose Marvila! Welcome also to Rhys Zantz, and Madalynn and Grace Grogan! Lochlan Fitzpatrick got 100 points for encouraging you to join. Nolan and Amelia Clark got 200 points for encouraging their parents to start Karate. Welcome back Haluk and Selen Seyitler!**

**5742 points**

**Get loads of health and fitness tips and stay on top of what's happening with our fitness classes!**

**Join the Okami Kai Fitness Facebook group!**



**Our next testing day is**

**Sat. April 29!**

**Request to grade forms from Orange and Higher belts MUST be submitted by Apr.15.**

- **Lil' Dragons testing and class at 9:30am**
- **Youth/Adult Karate 10:30am**
- **Aikido testing and class at 1:30pm**
- **Youth/Adult BJJ at 3pm**

**Note: A second White, Yellow, and Yellow Advanced only Karate grading will also be happening May 26 at 7pm.**