

THE OKAMI KAI HOWLER



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Ready For Takeoff

By Shihan Scott Campsall

“Believe you can and you’re halfway there.”

-Theodore Roosevelt

The law of conservation of energy states that energy can neither be created nor destroyed - only converted from one form of energy to another. Potential energy and kinetic energy are two forms that have a relationship based on this principle. An example of this would be an apple sitting on a skyscraper. The apple has the potential to move if an outside force pushes it off the roof. It then works with gravity and the energy becomes kinetic. In other words, an object at rest stays at rest while an object in motion stays in motion unless outside forces do something to change this. In the case of the apple, the energy will become potential again once it hits the ground even if it is in pieces.

Why does this matter to a martial artist or a fitness student? Because as humans, we can appreciate the path of least resistance. Although we may have potential, we need to summon up the ability to get moving. Just like a jet that uses 10 percent of its fuel just getting into the air, we also need a push to get going. This requires motivation and self-discipline which is not always easy to summon up.

We often get inquiries from potential students asking for prices and information about both our martial arts and fitness programs. Sometimes we never hear from them again. Sometimes they pay for classes and then never show up. As a business owner, you would think we would be happy about the prospect of "free money". The truth is though that we think it's sad. Some people don't see their potential and then they never realize how easy it is to keep going once they start.

One word of caution; just because an object is in motion, it doesn't mean that an outside force won't slow it down and stop it. Remember the smashed apple. That jet uses 10 percent of its fuel to take off, but it still needs the other 90 percent to keep going. We're thankful every day that we can connect with the students who realize that it might be hard to start, but it's easier to keep going as long as we don't quit or in the case of the jet, stop flying.



Wednesday Weapons Classes

Aug.3	kama, nunchaku, sai
Aug.10	eku, sai, tonfa
Aug.17	tonfa, nunchaku, eku
Aug.24	nunchaku, kama, tonfa
Aug.31	kama, nunchaku, sai
All classes are at 7pm. For Orange Belt and Higher Students Talk to Shihan for details.	

Train hard!

The next kyu belt testing date is

Sat. Aug.27!

RTG forms MUST be in by Aug.13.

Lil' Dragons test at 9:30 and Youth/Adult students test at 10:30. All classes except for Spin are cancelled

Wolf Pack Report

This is the last month for this year's Wolf Pack competition! Every point counts so get to class!

Yellow Pack Welcome Baylee Barron! Skylar and Jax earned 100 points for encouraging you to join!

8634 points

Red Pack Welcome Calvin Lehman! Your brother Jack earned 100 points for encouraging you to join.

7307 points

Blue Pack Congratulations to Michael Shahnazarian who was chosen as Ichiban for this month! Michael attended 12 classes last month and has been training hard both with the Uxbridge Swim Club and at Okami Kai!

Welcome Brinley Hnatko and Bennett Starkey!

6102 points

Green Pack

5772 points



There will be no classes on Sat. Sept.3 or Mon. Aug.5. We hope everyone has a safe and happy Labour Day Weekend!

Aikido

Don't just learn techniques.

Learn the art!

For ages 12 and older.

Saturdays from 12:15pm-1:15pm

No charge for martial art students.



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

Download our mobile app!

Now available on Apple and Android devices!



Did You Know?

- We have a resource centre that is available for all of our students to borrow that features books on several different subjects to do with martial arts and overall health. There are even some entertaining books for younger students and some DVDs!
- We have a Thursday morning Karate class that is open to both Youth and Adult students.
- There is a martial art event happening in the Ottawa area happening Nov.4, 5, and 6 that attracts hundreds of martial artists each year (see ad on the other side of this newsletter). **WE HIGHLY RECOMMEND YOU GET YOUR ACCOMMODATIONS NOW! Talk to us for details.**