

# THE OKAMI KAI HOWLER



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## **Your Mission Should You Choose To Accept It.**

*By Shihan Scott Campsall*

*The new Mission Impossible movie features what is being called the greatest stunt in cinematic history. Tom Cruise rides a motorcycle off a cliff and then leaves the bike to do a base jump. The stunt adds to the extensive list of death-defying things Cruise has done for his movies including hanging on to the outside of a flying plane and climbing the outside of the world's tallest building.*

*When interviewed, Cruise said he had been imagining the motorcycle stunt for years. He did over 13,000 practice jumps to prepare and there were several strategic factors that were involved. Despite how short the moment lasts in the film; it took a lot of thought and preparation first and then training. There were undoubtedly several moments when someone would bring up a problem or consideration like what kind of cameras would be used? How could they make sure that a drone didn't hit the actor? How would they make it look like this is an everyday occurrence for the character when the actor was going to be feeling a huge amount of adrenaline and stress? It obviously wasn't easy, but the results speak for themselves.*

*Okami Kai's mission statement has always been based on our karate students' third student creed promise. We have been striving to bring out the best in ourselves and in others since Sept.7, 1999. It took a year of planning and preparation before I opened the doors to the public. Even after almost 24 years we're still building, learning, and improving. There is always a way to be better.*

*Since day one, we haven't seen one student come through our doors who was a completed project. They have all come to us wanting to learn or improve something whether it be self defence knowledge, fitness ability, or overall lifestyle. Like a good stunt, it has taken work to get them where they are, but also like a good stunt, it has taken the mindset to put away fear and doubt and say "I think this is possible. Let's do this!"*

## **Wolf Pack Report**

**CONGRATULATIONS YELLOW PACK! IT WAS THE CLOSEST COMPETITION EVER FOR 1<sup>ST</sup> PLACE, BUT YOU ARE THE WINNING WOLF PACK FOR THIS**

**YEAR! Please see Shihan before the end of the month to claim your prize of Roxy Theatre gift certificates! Congratulations to Zachary Di Venanzo who was chosen as Ichiban for this month! Zachary attended 19 classes last month and won a gold medal in his division at the Oshawa Open BJJ tournament last month! Evie Aldridge got 200 bonus points for getting a straight A report card!**  
**12,427 points**

**Red Pack** **12,307 points**

**Blue Pack Welcome Logan Carpenter, Royce Dobson, and Olivia Intranuovo! Congratulations to Senpai Sofia Iannuzzi for earning 500 bonus points by getting a straight A+ report card!**

**11,386 points**

**Green Pack Welcome Claire Humphreys! Harper Patterson got 100 points for encouraging you to join.**

**11,040 points**

**Our next testing day will be**

**Sat. Aug.26**

**Request to grade forms from Orange and higher karate students MUST be submitted by Aug.12.**

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

### Wednesday Weapons Classes

Aug.2	kama, sai, tonfa
Aug.9	nunchaku, eku, sai
Aug.16	eku, nunchaku, kama
Aug.23	kama, eku, nunchaku
August 30	kama, sai, tonfa

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

## **Class Cancelations!**

**There will be no classes on Aug. 5, 6, or 7 due to the Civic Holiday Weekend.**

**There will be no Lil' Dragons class on Sat. Aug.12 due to Shihan and Sensei Jennifer being away at the Summer Synergy training camp in Windsor that weekend.**

**There will also be no classes on Sept.2, 3, or 4 due to it being the Labour Day Weekend.**



**September 30 & October 1, 2023**

## **Saturday Class Change!**

**The 1:30pm Youth BJJ class will be canceled for August. Instead, the 12:15-1:15pm BJJ class will be no gi for both youth and adult students.**



**NOVEMBER 3 - 4 - 5 2023**

**Curriculum videos,  
class schedules,  
and last minute  
updates!  
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Chudokai Aikido Federation International  
Presents

**SUMMER  
SYNERGY '23**

Friday August 11th, '23  
7pm-9pm  
Roger Jarrett Hanshi  
Kevin Blok Hanshi

Saturday August 12th, '23  
9am - 4pm  
Various Senior Instructors  
Aikido - Iaido - Jiu-Jitsu -  
Judo - Karate - Yoga &  
MORE

**Full Weekend (C\$)  
\$150 CAFI members  
\$165 Non-members**

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